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LAST GASP

**After resisting for years,** Virginia's bars and restaurants have gone smoke-free **11**

THE AX FALLS

**Notre Dame** fires Charlie Weis after five up-and-down years **16**

AB MACHINE

**Jackie Warner**

wants to whip you into shape this holiday season **fit**



DECEMBER 1, 2009 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

# OBAMA'S WAR



**With tonight's speech at West Point, the president will explain his strategy for Afghanistan, taking full ownership of a conflict that many Americans have grown skeptical of**

**PAGE 10**



FOR EXTENDED FORECAST, SEE PAGE 37

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EYE OPENERS

## Is It Wrong to Feel A Surge of Feminism?

The woman who got police attention at Diva's Gentlemen's Club in Lexington, Ky., wasn't onstage but at the front door. A blond woman pulled a gun and demanded money from the cashier at the entrance of the strip club, then got away on foot Sunday. The cashier wasn't hurt. The suspect was wearing a white raincoat, black pants and boots. (AP)

**'The people who did this must be full of gingerbread dust. They will smell a long way.'**

— ERIK SVEAAS, A BERGEN, NORWAY, POLICE OFFICER, ON VANDALS WHO SMASHED THE CITY'S TRADITIONAL GINGERBREAD TOWN. MOST OF THE 650 HOUSES WERE DESTROYED.

## Deer Jealous of Dude's Sweet Man-Cave

A man in Lima, Ohio, had to do some running of his own when a deer came crashing in through a window as he watched football. Jeff Berger says he managed to get out of the way when the animal charged at him Sunday. Police officers arrived and chased the deer from behind the couch and out the front door. It was last seen going into nearby woods. (AP)



## The Big Picture

ED JONES/AFP/GETTY IMAGES



**TABLE TENNIS** player Peng Tang practices in Hong Kong this weekend for the East Asian Games. Held every four years, the event draws athletes from East Asian countries competing in 22 sports (windsurfing, bowling and billiards are among them). Hong Kong is hosting the event Dec. 5-13. (EXPRESS)

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## In Brief

HOUSTON

**Sex Offender Escapes Prison in Guard Uniform**

**Comeaux** A convicted sex offender sentenced to life in prison pulled a gun on two guards during a prison transfer Monday and held them hostage before fleeing on foot in a

uniform one of the guards was wearing, authorities said. Joseph Comeaux Jr. handcuffed the officers in the back of a vehicle before fleeing. Authorities were still searching for him late Monday afternoon.

CALABASAS, CALIF.

**Arrests in 'Ginger' Case**

Three boys have been arrested for investigation of bullying red-haired students after a Facebook message promoted "Kick a Ginger Day" at a Southern California school. Eight boys are suspected in the Nov. 20 attacks on seven students at A.E. Wright Middle School in Calabasas.

SACRAMENTO, CALIF.

**Groping Doc Sentenced**

A former California plastic surgeon has been sentenced to three years and eight months in state prison for groping patients. Dr. Scott Takasugi was convicted of sexually exploiting two of his patients before he operated on them. (AP)

# Party Crashers Called to Testify

House plans hearing on security breach at the White House

**Washington**

The Secret Service director and the couple who crashed the Obama administration's first state dinner have been called to testify before Congress on Thursday about the incident.

Rep. Bennie Thompson, D-Miss., the top Democrat on the House Homeland Security committee, said he wants answers about the Secret Service's security deficiencies that allowed Michaele and Tareq Salahi into the Nov. 24 White House dinner, even though they were not on the guest list.

"This is a time for answers," Thompson said in a statement Monday. "This is not the time for political games or scapegoating to distract our attention from the careful oversight we must apply to the Secret Service and its mission."

Some lawmakers have called for criminal charges to be brought against the couple, but the Secret



THE WHITE HOUSE/AP

President Obama greets Michaele and Tareq Salahi at last week's state dinner.

Service has yet to do so.

The Secret Service declined to comment on whether Director Mark Sullivan would testify on Thursday.

On Friday, Sullivan issued a statement saying that his agency is "deeply concerned and embarrassed" by the circumstances.

"The preliminary findings of our internal investigation have

determined established protocols were not followed at an initial checkpoint," Sullivan said. "Although these individuals went through magnetometers and other levels of screening, they should have been prohibited from entering the event entirely. That failing is ours."

White House spokesman Robert Gibbs said Monday the president

**New Developments**

A top Pentagon official corresponded with Tareq and Michaele Salahi in an effort to get them into last week's White House state dinner, according to sources familiar with an investigation into the security breach. Sources said the e-mails were sent from Michele S. Jones, the special assistant to the secretary of Defense. Several people familiar with the correspondence argued the e-mails support the Salahis' case that they were cleared to attend the gala. (TWP)

shares the Secret Service director's concern about the incident.

The Salahis have boasted about going to the state dinner on their Facebook page: "Honored to be at the White House for the state dinner in honor of India with President Obama and our First Lady!" they wrote.

The couple's publicist, Mahogany Jones, could not immediately be reached for comment about whether the Salahis would testify Thursday. EILEEN SULLIVAN (AP)

**ARGUMENTS**

**'TIL DEATH DO US PART?** The vow would really hold true in California if John Marcotte gets his way. He wants to put a measure on the ballot to ban divorce in the state. The effort is meant to be a satirical statement after California voters outlawed gay marriage, largely on the argument that a ban is needed to protect marriage. If that's the case, Marcotte says, then voters should have no problem banning divorce. (AP)

# Allergies?

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# Nation

## CDC: Swine Flu Less Widespread

### Atlanta

Swine flu infections seem to be dropping, but the number of children who have died of the illness has increased to about 30, according to a government report released Monday.

Widespread infections of swine flu were reported in 32 states as of Nov. 21, down from 43 states the week before, U.S. Centers for Disease Control and Prevention officials said.

Since it was first identified in April, swine flu has sickened an estimated 22 million Americans, hospitalized about 98,000 and killed 4,000. It has proved to be similar to seasonal flu but a bigger threat to children and young adults.



A boy is injected with the H1N1 virus vaccine in College Station, Texas.

CDC officials have said the signs of declining cases do not necessarily mean the worst is over.

"We won't be surprised if we see another uptick later this year or early next year when kids return to school from Christmas break," said CDC spokesman Tom Skinner.

MIKE STOBBE (AP)

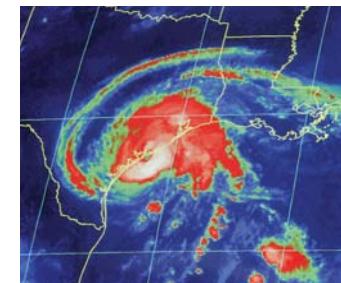
## Community Mourns Fallen Officers



TED S. WARREN/AP

**PEOPLE SEEK COMFORT** on Monday at a memorial set up in Lakewood, Wash., for four police officers who were killed at a coffeehouse on Sunday in an apparent ambush. Authorities were conducting a massive manhunt Monday in the region for Maurice Clemons, who is wanted as a suspect in the slayings.

### GOOD NEWS



**THE HURRICANE** season officially ends Tuesday with barely a whimper. The 2009 Atlantic storm season produced just nine named storms, including three hurricanes, and only two tropical storms that made landfall in the U.S. It's the quietest hurricane season since 2006. (AP)

## Volunteers Needed for Influenza Study (The Flu)

Doctors at the National Institutes of Allergy and Infectious Diseases at the National Institutes of Health (NIH) in the Department of Health and Human Services are conducting a research study that will look at aspects of influenza infection (the flu). We are seeking male and female volunteers older than 2 years of age for this research study.

In order to participate, volunteers need to have a positive clinical diagnostic test for the flu within the past 2 months and must be able to safely undergo blood draws as well as nasal washes.

The date when you were diagnosed with the flu will determine your eligibility for the study. There will be no cost to you, and volunteers will be compensated for their participation.

Study visits will occur at the NIH Clinical Center. You will be asked questions, have a physical exam, and have nasal secretions and/or blood collected. Depending on when you were diagnosed with the flu, we may ask you to come in for 2-7 visits over a 1-month period.

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# Nation

## Web Stores Hope For a Traffic Jam

Retailers expected swarm of customers for Cyber Monday

### Business

The post-Thanksgiving shopping marathon continued Monday with nearly 100 million shoppers expected to troll online retailers for bargains on what has become known as Cyber Monday, helping to make the sector one of retailing's few bright spots.

Roughly 700 e-commerce sites offered bargains on Monday in partnership with Shop.org, a trade group that coined the term several years ago after noticing a spike in online sales as Americans returned to the office after Thanksgiving.

Online shopping is expected to fare better than the rest of the retail industry this holiday season. Research firm comScore predicts e-commerce sales for November and December will rise 3 per-



An employee of Amazon.com packs boxes at a warehouse in Goodyear, Ariz.

cent to \$28.8 billion. Although that is well below the increases of 20 percent or more that the sector had experienced in recent years, it is still better than the 1 percent decline for total retail sales forecast by the NRF.

According to a Shop.org survey, about 87 percent of online retailers planned to offer a promotion for Cyber Monday, up from 84 percent last year. YLAN Q. MUI (THE WASHINGTON POST)

### HUMBUGGERY

#### A MAN WHO claimed to hate Christmas

**allegedly shoved a Salvation Army bell ringer to the ground Saturday evening in Maumee, Ohio, and swiped one of the charity's red kettles stuffed with cash. The suspect, who was arrested Monday, reportedly said, "I can't stand you and your bell-ringing," before stealing the pot.**

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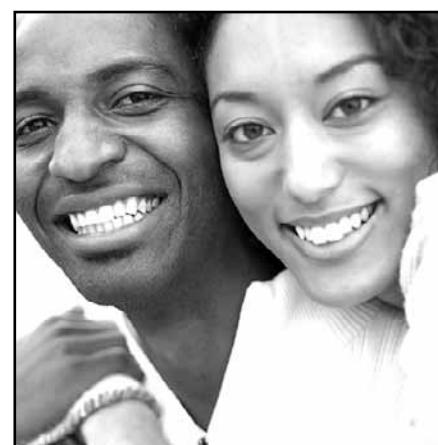
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# World

# Fears Grow Over Dubai's Debt

Markets see record declines amid hints of possible default

## Dubai, U.A.E.

If global investors were looking for reassurances from Dubai that it would stand behind its massive, debt-swamped investment conglomerate, they got none Monday. Instead, the Gulf city-state seemed to wash its hands of the financial woes that have rattled world markets.

The muddled message from Dubai has fueled worries over a possible default by the conglomerate, which is involved in projects around the world — from Gulf banks and ports in 50 countries to luxury retailer Barneys New York and a grandiose six-tower hotel-entertainment complex in Las Vegas.

Many investors are hoping that



Emirati men keep track of developments at the Dubai Financial Market on Monday.

the conglomerate, Dubai World, will either openly discuss restructuring of some \$60 billion in debt with its creditors or that Dubai's larger, oil-rich neighbor, Abu Dhabi, will step in to restore confidence by prom-

ising to foot any bills.

The United Arab Emirates' two main stock exchanges registered record declines Monday as they opened for the first time since the announcement. The Dubai Finan-

## Backstory

**Abu Dhabi**, the seat of the UAE's federal government, has been the more conservative — religiously and financially — of the region's top statelets, relying on its oil wealth to fuel growth. Meanwhile, smaller Dubai — without any oil resources — has for the past decade been the freewheeling boomtown, racking up debt as it built extravagant skyscrapers, artificial residential islands and malls complete with indoor ski slopes. (AP)

cial Market was down 7.3 percent, while Abu Dhabi's bourse was off more than 8 percent.

Mohammed al-Ghussein, managing partner of Atlas Financial Services in Dubai, summed up the day's trading, saying, "The whole screen is red, regardless of the industry." (AP)

## In Brief

### BUCHAREST ROMANIA

#### Opposition: President Struck Boy in Face in '04

Romania's government has collapsed and its economy is in shambles, and its presidential campaign has been dominated in recent days by a 2004 video that appears to show the president striking a 10-year-old boy in the face. The footage appeared just over a week ahead of a Dec. 6 runoff vote. (AP)

### BUENOS AIRES

#### Latin America's First Gay Marriage Blocked

An Argentine judge has overturned a ruling that would have allowed the first gay marriage in Latin America. The official court Web site says national judge Marta Gomez Alsina ordered the wedding blocked until the issue can be resolved by the Supreme Court. (AP)

### ROME

#### Gitmo Detainees Arrive

Two Tunisians who had been detained at Guantanamo arrived in Italy Monday and will be tried for allegedly recruiting fighters for Afghanistan, officials said. (AP)

# 1.18T

**THE NUMBER OF** electron volts fired by the world's largest atom smasher in two beams on Monday. The Large Hadron Collider set a new record for proton acceleration during the early morning test, as the beams contained 20 percent more power than an American lab that held the record had previously produced. (AP)

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# World



URS FLUEELER/AP

A poster in Amsteg, Switzerland, supports Sunday's vote to ban new minarets.

## Rights Group Hits Ban on Minarets

Swiss vote to block mosque towers may face court challenge

### Geneva

A Swiss ban on minarets could violate fundamental liberties, Europe's top human-rights watchdog said Monday in an indication that the heavily criticized vote could be overturned.

The Council of Europe said banning "new minarets in Switzerland raises concerns as to whether fundamental rights of individuals, protected by international treaties, should be subject to popular votes."

The statement by the 47-nation council's secretary-general, Thorbjorn Jagland, suggests a case may be made to seek a ruling by the European Court of Human Rights condemning Switzerland for violating freedom of expression, free-

dom of religion and prohibition of discrimination.

Swiss Justice Minister Eveline Widmer-Schlumpf said the ban would come into force immediately, but also indicated that the court could strike down the Sunday vote, which incurred swift condemnation at home and abroad for banning the towers used to put out the Islamic call to prayer.

The referendum backed by nationalist parties was approved by 57.5 percent of the population Sunday, forcing the government to declare illegal the building of any new minarets in Switzerland. It doesn't affect the country's four existing minarets.

French Foreign Minister Bernard Kouchner said he was "a bit scandalized" by the vote, which amounts to "oppressing a religion." "I hope that the Swiss will go back on this decision rather quickly," Kouchner said. FRANK JORDANS (AP)

### Hearsay



**"The people elected me and threw a bucket of cold water on any attempt to hinder the election process."**

— HONDURAS' NEWLY ELECTED PRESIDENT, PORFIRIO LOBO, DEFENDING SUNDAY'S VICTORY AMID QUESTIONS ABOUT THE VOTE HELD IN THE SHADOW OF THIS YEAR'S COUP.



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# World

## Britain Seeks Release Of Sailors Held in Iran

### London

Iran is holding five British sailors after stopping their racing yacht in the Persian Gulf, the British government said Monday. The move could heighten tensions between Iran and major world powers, including Britain, that are demanding a halt to its nuclear program. Oil prices spiked 2 percent to \$77.45 a barrel on the New York Mercantile Exchange as the news broke.

The yacht owned by Sail Bahrain was stopped on its way from the tiny island country to the Gulf city of Dubai on Wednesday when it "may have strayed inadvertently

into Iranian waters," Britain's Foreign Office said. Sail Bahrain's Web site identified the yacht as the "Kingdom of Bahrain" and said it had been due to join the Dubai-Muscat Offshore Sailing Race, which was to begin Nov. 26.

The event was to be the boat's first offshore race, the Web site said, adding that the vessel had been fitted with a satellite tracker.

British Foreign Secretary David Miliband said British officials had been in touch about the matter with their Iranian counterparts for nearly a week. It was not clear why British officials had decided to publicize the case now. (AP)

### Alleged Ex-Nazi Guard's Trial Opens



JOHN MACDOUGAL/JAFI/GETTY IMAGES

**JOHN DEMJANJUK**, the 89-year-old retired Ohio autoworker accused of being a guard at a Nazi death camp, is taken out of a courtroom in Munich Monday. On the trial's first day, Demjanjuk complained of serious pain and was given a shot.

## Somali Pirates Seize Oil Vessel

### Nairobi, Kenya

Somali pirates seized a tanker carrying more than \$20 million of crude oil from Saudi Arabia to the United States in the increasingly dangerous waters off East Africa, an official said Monday, an attack that could pose a huge environmental or security threat.

The Greece-flagged Maran Centaurus was hijacked Sunday about 800 miles off the coast of Somalia, said Cmdr. John Harbour, a spokesman for the EU Naval Force. Harbour said it originated from Jeddah, Saudi Arabia, and was destined for the United States. The ship has 28 crew members on board. (AP)

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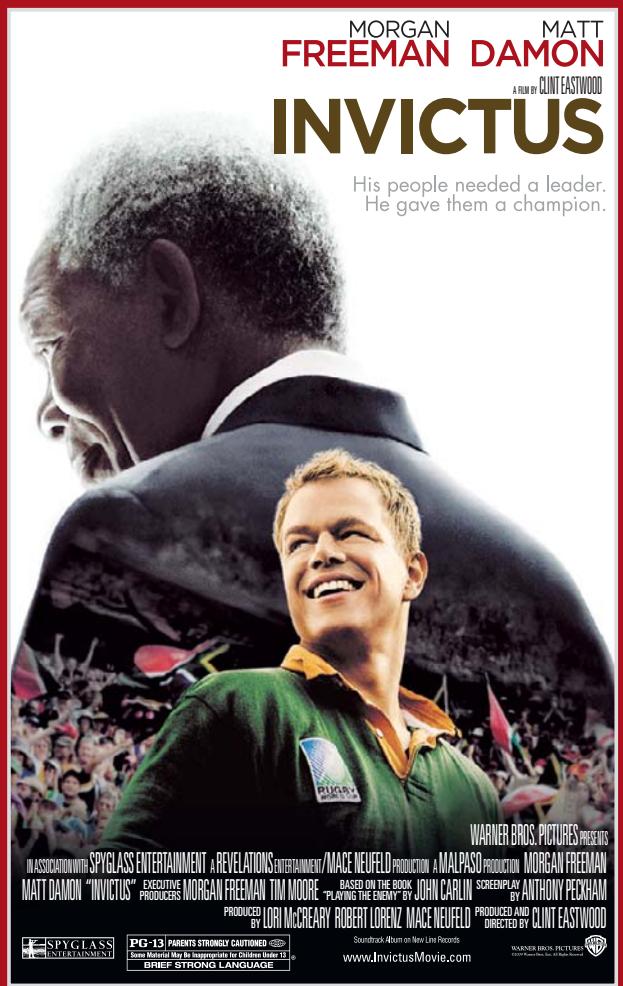
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## Cover Story

# The Necessary War?

His plan in place, Obama must sell his Afghanistan strategy in key speech

### Washington

Barack Obama has begun one of the toughest sales jobs of his presidency, launching the much-awaited rollout of his new Afghan war strategy by informing top U.S. military and civilian advisers in Washington and Kabul, and telephoning key allies around the globe.

Obama will outline his decision for an increasingly skeptical U.S. public on Tuesday night in a nationally broadcast television address from the U.S. Military Academy. The strategy will include deploying thousands more American forces to Afghanistan, clarifying why the U.S. is fighting the war and laying out a path toward disengagement.

Obama's war escalation includes sending 30,000 to 35,000 more American forces into Afghanistan in a graduated deployment over the next year, on top of the 71,000 already there. There also will be a fresh focus on training Afghan forces to take over the fight and allow the Americans to leave.

He also will deliver a deeper explanation of why he believes the U.S. must continue to fight more than eight years after the war was started following the Sept. 11 attacks by al-Qaeda terrorists based in Afghanistan. He will emphasize that Afghan security forces need more time, more schooling and more U.S. combat backup to be up to the job on their own, and he will make tougher demands on the governments of Pakistan and Afghanistan.

Even before explaining his decision, Obama told the military to begin executing the force increases. The commander in chief gave the deployment orders Sunday night, during an Oval Office meeting in which he told key military and White House advisers of



U.S. Marines return to their base in Mian Poshteh, Afghanistan, on Sunday. President Obama is expected to make his case for adding more than 30,000 troops to the war.

### What to Expect From Obama's Plan

#### MORE TROOPS

# 35,000

Obama is expected to announce an increase of up to 35,000 more U.S. forces to defeat the Taliban-led insurgency. The escalation would put more than 100,000 American troops in Afghanistan.

#### EXIT STRATEGY

Obama has said that he prefers "not to hand off anything to the next president" and that the strategy he spent 92 days mulling during a lengthy review will "put us on a path toward ending the war." But he doesn't plan to give a more exact timetable than that Tuesday night.

#### WORK WITH PAKISTAN

Another facet of Obama's plan appears to be an expanded partnership with Pakistan. The Washington Post reported Monday that Obama had sent a letter to President Asif Ali Zardari calling for closer collaboration in the battle against extremist groups, including five named in the letter. (AP)

### Five Tough Audiences

**1. Liberals:** In a sign of trouble within Obama's party, House Speaker Nancy Pelosi warned that there is "serious unrest" in the Democratic caucus about the cost of the war going forward.

**2. Conservatives:** Republicans have insisted Obama go along with Gen. Stanley McChrystal's request for 40,000 troops. The president will have to convince them his strategy is a reflection of the advice he was given.

**3. The Voters:** The latest Washington Post/ABC News poll found that only 45 percent of Americans approve of how

Obama is handling the war. The speech is his best shot at regaining public trust.

**4. World Allies:** Many leaders of NATO countries face the same public opposition to the war that Obama faces in the U.S., so rounding up troop commitments is no easy task.

**5. Afghans:** If Obama talks extensively about an exit strategy, Afghans fear the Taliban will bide their time until the Americans abandon the country, much as Washington did after the Soviets left 20 years ago. (AP/EXPRESS)

his final decision.

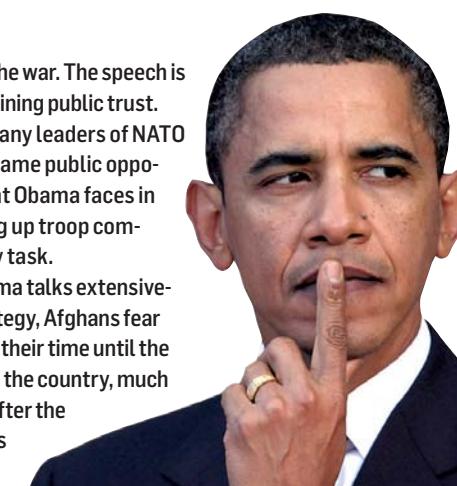
Obama spent much of Monday on the phone, outlining his plan for the leaders of France, Britain, Germany, Russia, China, India, Denmark, Poland and others. He also met in person at the White House with Australian Prime Minister Kevin Rudd.

A briefing for dozens of lawmakers was planned for Tuesday afternoon, just before Obama left for New York to give his speech.

Congressional uneasiness or opposition was voiced Sunday by the leading Senate Democrat on military matters, Carl Levin of Michigan, who said any plan to significantly expand U.S. troop levels must show how those reinforcements will help increase the number of Afghan security forces.

Greater numbers of Afghan army troops and police officers are central to succeeding in the war, Levin said, and more U.S. trainers and an infusion of battlefield gear will meet that goal.

"The key here is an Afghan surge, not an American surge," Levin said. "We cannot, by ourselves, win [the] war." (AP)



# Local

## Va. Smoking Ban Begins

Restrictions for bars, restaurants take hold in tobacco-rich state

### **Richmond, Va.**

If you live in Virginia and enjoyed a cigarette with your happy hour drink Monday, savor it.

Starting Tuesday, smoking is banned in most of the 17,500 bars and restaurants across Virginia, the state where Englishman John Rolfe is credited with planting the nation's first commercial tobacco plant in 1611 and where conservative lawmakers have long resisted

such a move.

The law, which was signed in February after years of lobbying by smoking foes, puts Virginia in line with the District, Maryland and dozens of other states and cities that have adopted similar prohibitions. Virginia's law is more permissive than its neighbors', allowing for walled-off smoking areas with separate ventilation and exempting private clubs from the ban. Owners and customers who violate the law are subject to a \$25 fine.

As of last week, about 75 percent of the state's eating and drinking establishments had gone completely smoke-free, said Gary Hagy, a

spokesman for the Virginia Health Department.

"We've gotten calls from a few [restaurant owners] who aren't happy, but we expect most Virginians will comply with the law," Hagy said.

"Some restaurants are actually glad and are saying, 'We are happy the law passed; we have been wanting to go smoke-free for some time.'"

Several upscale steakhouses around the region hosted cigar parties, including a sold-out soirée at Morton's the Steakhouse in Reston. **SANDHYA SOMASHEKHAR**

(THE WASHINGTON POST)

washingtonpost.com



RICKY CARIO/TWP

**ARCHBISHOP OF WASHINGTON DONALD WUERL** has become the face of opposition as the D.C. Council votes Tuesday to legalize same-sex marriage in the District. He burst into the spotlight when he used the church's social services as a negotiating tool against the bill. ►► [washingtonpost.com/local](http://washingtonpost.com/local)

## Metro Rehired Fired Drivers

### **Washington**

Thirty-one MetroAccess drivers and staff were fired earlier this year for using cell phones while driving but were reinstated last week, officials said Monday.

Wayne Baker, president of Amalgamated Transit Union Local 1764 — which represents all but 30 of the 1,000 drivers — said the workers were rehired as part of a compromise in union negotiations. The workers were fired after Metro General Manager John B. Catoe Jr. announced in July that any employee using a cell phone while operating trains or driving buses would be terminated on a first offense.

The firings and reinstatement were first reported in the Examiner.

**LENA H. SUN (THE WASHINGTON POST)**

# MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

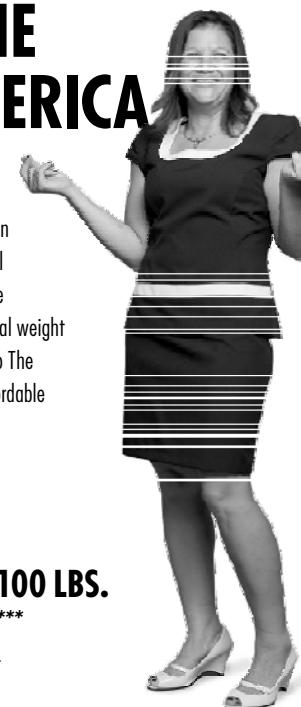
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Evening Lucky Numbers (Sun.) .....	1-0-7
Mid-day DC 4 .....	8-9-1-4
Evening DC 4 (Sun.) .....	8-1-6-5
Mid-day D.C. Five .....	7-2-8-7-8
Evening D.C. Five (Sun.) .....	0-5-7-4-0
Daily 6 (Sun.) .....	11-12-26-27-30-39 (34)

##### Virginia

Mid-day Pick 3 .....	4-9-3
Evening Pick 3 (Sun.) .....	3-9-4
Mid-day Pick 4 .....	0-2-2-8
Evening Pick 4 (Sun.) .....	5-2-5-0
Mid-day Cash 5 (Sun.) .....	1-8-17-26-29
Evening Cash 5 (Sun.) .....	8-14-19-29-32

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

##### Maryland

Mid-day Pick 3 .....	0-3-2
Evening Pick 3 (Sun.) .....	0-1-4
Mid-day Pick 4 .....	7-2-9-2
Evening Pick 4 (Sun.) .....	3-1-8-2
Match 5 (Sun.) .....	3-5-14-21-32 (6)

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MEAL TICKET

MEAL TICKET

## Local

# D.C. to Spend \$7.5M on Homeless

### Washington

The District will begin disbursing about \$7.5 million in federal stimulus money this week to put homeless families back in housing and help those struggling to remain in their homes, city officials said Monday.

City housing officials estimate the money will help 680 to 800 District households. The Homelessness Prevention and Rapid Re-Housing funds, awarded by the U.S. Department of Housing and Urban Development in July, will help some families pay back rent and others pay past-due utility bills. Homeless families could receive a rent subsidy for up to 18 months.

At a news conference in Southeast Washington, where many families have lost their homes, Mayor Adrian M. Fenty, a Democrat, said the city will use the program to



MELINA MARAT/TWP

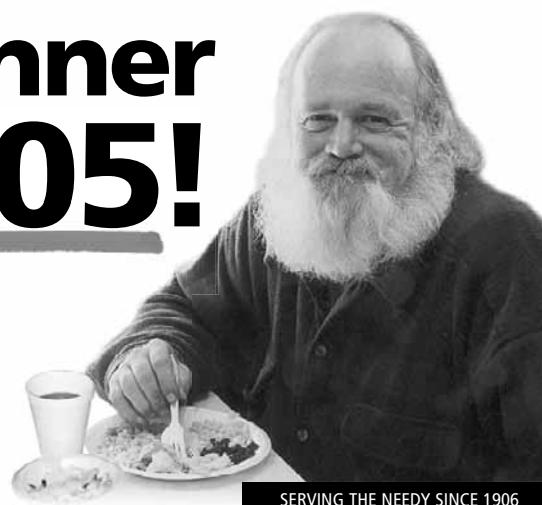
**D.C. officials think the stimulus funds will help up to 800 District households.**

families might not qualify.

Eligible households must be at or below 50 percent of the median income for the area, about \$60,000 for a family of two in the District and \$71,000 for a family of four, according to the American Community Survey conducted by the Census.

City housing and human services officials trained subcontractors who will consult with families to determine their needs.

The Department of Human Services, which helps keep city homeless shelters operating with about \$40 million in service contracts, will manage the program. About \$2.4 million will put people who lost their jobs and homes into housing. DHS has set aside more than \$1.9 million for rental subsidies that can continue for nearly two years. **DARRYL FEARS**  
(THE WASHINGTON POST)



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# The Feed



MUST READ STORIES FROM AROUND THE WEB



## "My forehead, my rules."

**1** — **MSNBC ANCHOR CHRIS MATHEWS**, appearing as a satirical version of himself on the latest episode of "Family Guy," which aired Sunday night on Fox and can be found on Hulu.com. Matthews did the voice acting for the bit, which poked fun at him by using his forehead as a projection screen during an interview.

## I Will Not Leave Express on the Train

**2** Hardcore "Simpsons" nerds won't need this site. (Can you recite all the words to "See My Vest"? If so, stop reading.) But for the rest of us, the ever-changing slogans Bart scrawls on the blackboard in "The Simpsons" credits have been cataloged at Bartsblackboard.com. The blog is midway through Season 6.



AP FILE PHOTO

## A Group Effort

**3** If journalism dies, it's going to go down fighting. The Washington Post's new Story Lab blog takes a fresh approach to article development by asking readers to join in the story creation process. For instance, the first post invites folks to share their tales of tattoos in the workplace. If you have a good one, you may even be featured in the finished piece.



KATHY WILLENS/AP

## Lights, Cameras, Leaders

**4** Photographer Richard Avedon used the September meeting of the United Nations in New York as an opportunity to practice his craft. In a stunning photo gallery now up on the New Yorker's Web site, the women and men who are shaping world events drop their guard in revealing snapshots. Don't miss the picture of a tense Muammar Qaddafi.

## A Budding Industry

**5** With Michigan's unemployment rate around 14 percent, it's not surprising people are turning to drugs to make a living. What is surprising is that there's a trade school to help them do it. As the New York Times reports, the fledgling Med Grow Cannabis College is teaching people to cultivate pot as "registered caregivers" under the state's medical marijuana law. The school's founder claims graduates can earn \$50,000 or more per year.

Find these links and more at [expressnightout.com/thefeed](http://expressnightout.com/thefeed)



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# Battered, Bruised, Nearly Broken

Redskins try to keep confidence despite abundance of injuries

## Pro Football

The Washington Redskins' loss total can increase by only one each week. Their personnel losses — and the ensuing toll on the team's psyche — are multiplying at a much greater rate. The day-after losses usually take a few more.

This week the Redskins added Pro Bowl tight end Chris Cooley and rookie defensive lineman Jeremy Jarmon to their growing list of injured reserves. But the toll on the collective and individual psyche is tougher to measure.

**9**  
The number of players on the season-ending injured reserve list — Pro Bowler Chris Cooley was just added.

"I'm going to call for them to dig down deep. They've been doing that all year," said coach Jim Zorn. "We're not trying to create any fantasy that's not there. We kind of know what the real situation is for us."

That situation is increasingly bleak. With five games remaining, the team can finish no better than .500 this season, and to make matters worse, the list of healthy contributors continues to shrink.

The Redskins' offense began the season with five Pro Bowlers on the roster. Cooley, who suffered a broken bone in his ankle on Oct. 26 and hasn't played since, joined left tackle Chris Samuels on the injured reserve list Monday.

Receiver Santana Moss and fullback Mike Sellers are the lone Pro Bowlers still in the lineup, as running back Clinton Portis will



Redskins head coach Jim Zorn has endured myriad injuries this season, including nine players being sent to injured reserve.

**"I certainly am accountable for our football season. No question about it. And I'll be held accountable. It's awful. It really is."**

— JIM ZORN, REDSKINS HEAD COACH, SPEAKING ABOUT THE SEASON SO FAR. ALTHOUGH THE TEAM HAS BEEN DECIMATED BY INJURIES, ZORN HOLDS HIMSELF RESPONSIBLE.

miss a fourth-straight game this weekend against New Orleans. Portis suffered a concussion at Atlanta on Nov. 8 and is scheduled to meet with specialists at the University of Pittsburgh Medical Center next Monday for further evaluation.

With nine players on the season-ending injured reserve list, the team has already been forced to

dig deep into the depth chart. The starting lineup in Sunday's 27-24 loss at Philadelphia featured just 13 of the 22 players who started Week 1 for the Redskins.

Despite a dilapidated roster, five of their eight losses have been by less than a touchdown, including the past two to division rivals Dallas and Philadelphia. The tough losses evoked some frank reflec-

tion from Zorn one day after the Eagles' loss.

"With the responsibility that every head coach has, the accountability factor is [ultimate] really," Zorn said. "It really makes the difference in success or failure, and I certainly am accountable for our football season. No question about it. And I'll be held accountable. It's awful. It really is."

"But I try not to lose heart myself; I want to stay positive. Our players inspire me; our coaching staff inspires me because we're working hard. To try to make good decisions and sound decisions, that's really what I'm trying to contend with." RICK MAESE

(THE WASHINGTON POST)

## Swengali

### Surprise! Upsets Missing in Colleges

**T**here have been upsets, but nothing shocking.

There have been good games, yet not anything great. And there are Heisman Trophy contenders, but no front-runner. Such is the state of college football for those schools not firing coaches this week.

For months, all eyes have been on the SEC Championship. It will arrive as advertised, with two undefeated teams — No. 1 Florida and No. 2 Alabama — playing for a spot in the BCS title game.

It's a battle of behemoths with the potential to become an instant classic. So, why does it feel like something's missing?

**W**hile the season has been agonizingly predictable, a great finale should be in the offing.

While the season has been agonizingly predictable, a great finale should be in the offing, minus much of the controversy — assuming Texas does its part to ensure that two undefeated teams from the top two conferences square off for the national title.

Therein lies the problem. Saturday football is at its best when there's some real debate at the top of the rankings. Unanimity is rather boring.

Texas Christian University and Cincinnati, the two other undefeated squads, figure to receive the sympathy bestowed upon perfect Utah last year. Few would argue in favor of either over the SEC champ and Texas, though.

Should the Longhorns lose in the Big 12 finale, things will get interesting. Don't count on it, though — not in this by-the-books season.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

## REUNIONS

**ALLEN IVERSON** and the Philadelphia 76ers met for two hours in Dallas Monday to discuss the 34-year-old's possible return to the franchise that drafted him, according to ESPN.

com. The report says that Iverson, 76ers coach Eddie Jordan and GM Ed Stefanski did not make a firm decision on a return date. Iverson, the No. 1 overall pick in the 1996 draft, played 10-plus seasons with the 76ers. (EXPRESS)

# Sports

## Irish's Weis Axed After Five Years

### College Football

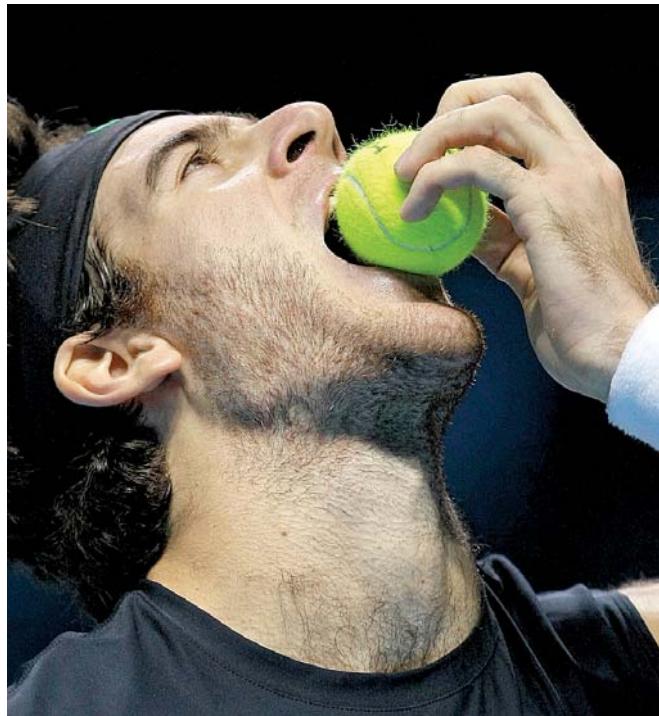
Charlie Weis is out at Notre Dame.

A source confirmed the firing to The Associated Press on the condition of anonymity because the official announcement had yet to be made. The move comes after a string of disappointing seasons capped by four agonizing losses this year.

Weis raised Irish expectations with back-to-back appearances in BCS bowl games in his first two seasons. Since then, one of the nation's most storied football programs has gone 16-21 — the most losses ever by the Irish in a three-year span.

He finished with a 35-27 five-year record, worse than the records of his two predecessors, Tyrone Willingham and Bob Davie. (AP)

### More Than He Can Chew?



ALASTAIR GRANT/AP

**JUAN MARTIN DEL POTRO** reacts as he plays Robin Soderling during the ATP World Tour Finals semifinals in London on Saturday. Del Potro topped Soderling in the semifinals but lost to Nikolay Davydenko in Sunday's final.

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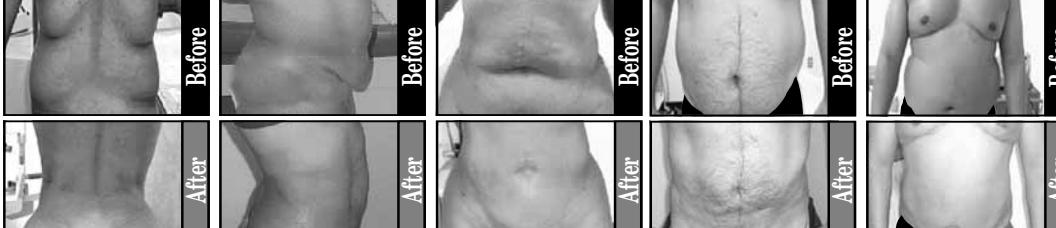
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## Jeter Is Sportsman of the Year

### Baseball

Derek Jeter posed in his crisp pinstripe uniform, resting a shiny black bat on his shoulder, while a photographer lying on the ground near the entrance to a Bronx subway station snapped pictures of the New York Yankees shortstop from a low angle. Photographing the Yankees captain from below to make him look more regal seemed beside the point. Jeter already has an image that is larger than life.

Jeter was back at Yankee Stadium a couple weeks after winning his fifth World Series title, capping a stellar season with a photo shoot for his latest achievement: Sports Illustrated's sportsman of the year.

The magazine made the announcement Monday. "It's unbelievable. It was completely unexpected," Jeter told The Associated Press. He's the first Yankee to be tapped for the award that has been given out since 1954. Michael Phelps was last year's recipient. (AP)

### TV Lineup

**WIZARDS (7 P.M., CSN)** After a dismal November, the Wizards start a new month against the Toronto Raptors.

**COLLEGE HOOPS (7:30 P.M. AND 9:30 P.M., ESPN2)** Maryland visits Indiana and Virginia Tech is at Iowa as the ACC-Big 10 Challenge continues.

**MORE COLLEGE HOOPS (7 P.M. AND 9 P.M., ESPN)** In more ACC-Big 10 competition, Purdue hosts Wake Forest, and North Carolina battles Michigan State.

**NHL (8 P.M., VERSUS)** The first-place Chicago Blackhawks visit Central Division rival Columbus.

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# A Subpar Statement Is in Order

You want answers?  
How about a new  
golf shirt instead?

## Golf

Recently, I was involved in an incident that I don't wish to speak of. This is a private matter, and just because it happened on a public street and I left shattered glass on the ground and a hint of scandal in the air doesn't give anyone with a badge the right to conduct a routine investigation. I have a security staff to deal with things like this, the nature of which I'm not saying.

Nevertheless, I understand the relentless curiosity about me, given my sacrosanct greatness and all I do for the good of humanity, and



WARREN LITTLE/GETTY IMAGES

Tiger Woods announced on Monday that he won't play golf for the rest of the year.

so I have decided to release a statement, on the advice of my agent, media consultant, personal blogger, sponsor liaison and attorneys. But rather than give this statement to the authorities, who somehow think they have real authority over me, I have decided to post it on my Web site, where the little men with bad-

ges can also find news, biographical info, statistics, audio and video clips, photos, and signature merchandise of me.

Posting this statement is a grand concession, given my unique status, which, let's face it, amounts to almost a kind of separate state power. I am like Cuba. Or the Vat-

ican. Here is my statement: "I'm almost perfect. I only made one small mistake, ever. I will certainly make sure nothing like it happens again."

Among the questions I will not be addressing:

Make sure what never happens again?

Why would someone need to smash the two back windows of an SUV with a golf club to get me out of the front seat?

What sort of business does an American nightclub hostess have in Melbourne, Australia?

Where would anybody be going at 2:30 a.m. after Thanksgiving? Perhaps racing to get to the 4 a.m. special at Wal-Mart on big-screen TVs.

Is there a Wal-Mart at Isleworth?

You want answers to questions? Read Andre Agassi's autobiography. (THE WASHINGTON POST)

## In Brief

### COLLEGE FOOTBALL

#### Bowden Decision Nears

Bobby Bowden says there will be an announcement about his coaching future at Florida State on Tuesday. The 80-year-old coach met with Florida State President T.K. Wetherell and athletic director Randy Spetman for an hour Monday. (AP)

### SOCER

#### Ireland Seeks Cup Spot

Ireland has asked FIFA to allow it into the World Cup as an extra team after Thierry Henry's handball helped France eliminate the Irish in a playoff. FIFA will discuss the request at a meeting of its executive committee on Wednesday. (AP)

### PRO FOOTBALL

#### Falcons' Ryan Ruled Out

Atlanta Falcons quarterback Matt Ryan will miss this week's game against Philadelphia with a turf toe injury. Coach Mike Smith says Chris Redman, who took over for Ryan in Sunday's 20-17 win over Tampa Bay, will start against the Eagles. (AP)

# 82.5K

**THE AMOUNT**, in dollars, Serena Williams was fined Monday for her tirade against an official at the U.S. Open. On top of the record fine, the women's tennis star could be suspended from that tournament if she has another "major offense" at any Grand Slam in the next two years. (AP)

National Museum of African American History & Culture

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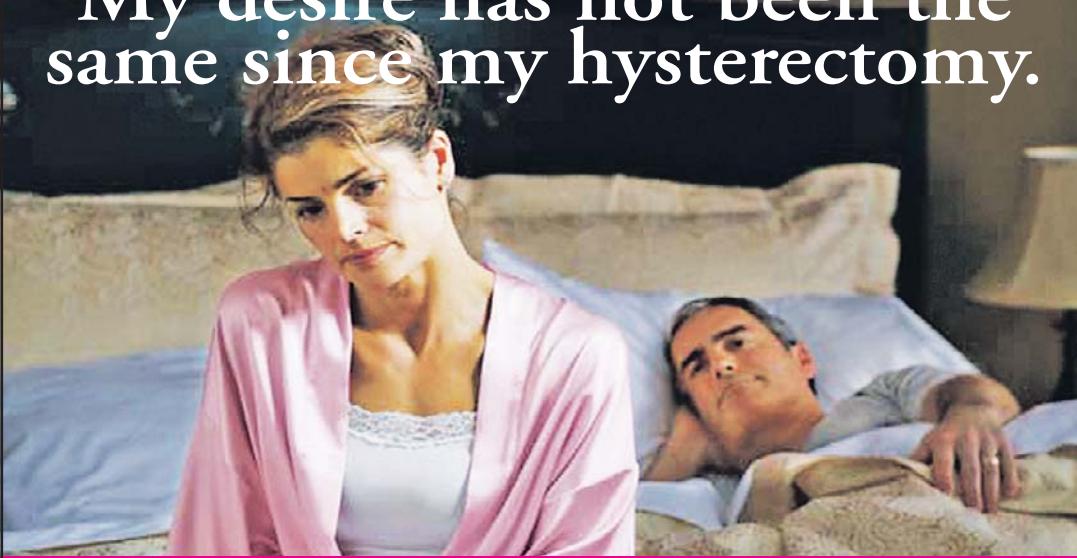
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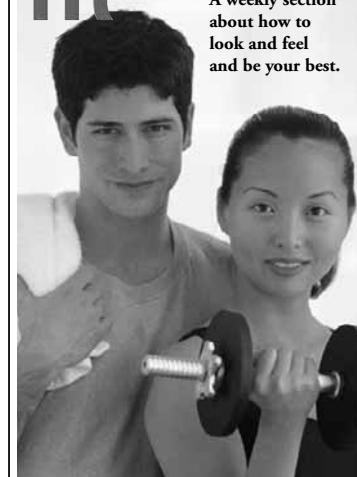
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## Wedding Bells Are Ringing — But Not for You

**Q** I have a series of weddings coming up this year, and I will be in most of them as a bridesmaid. The problem is, my boyfriend and I have been together for seven years — lived together for two — and I have started to resent going to weddings, because it never seems like it's going to be our time. We have had the talk many times, and it always seems like he is going to be proposing, but then it never happens. With six wedding invitations arriving in a few months, I just feel like going into a cave. I always get so resentful. — BUMMED IN VA.

Your dread is understandable. But the only way to avoid having this same issue on the eve of your



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great-grand-niece's wedding, 50 years hence, is to decide how you are going to gain control of the situation. For some people, this will involve having yet another discussion and perhaps issuing an ultimatum. For others, it will

mean deciding to propose themselves, gender-stereotyped diamond commercials be damned. Still others will prefer to test their mate secretly until a certain calendar date has passed and pack their bags while fuming in silence.

**is getting so old, but I do value our friendship because we've known each other forever. — HELP!**

The simplest way to "escape" doing something over and over again is to take the novel stand of not doing that something. The next time she has an inappropriate request, be polite but firm in turning her down. You can give a quick reason if you want: ("I'm really in a hurry," or "I've got to take this other call") but don't allow room for equivocation.

The larger question here is why you've managed to let your best friend get into a pattern of walking all over you. There might be something inherent in your relationship that makes you like being needed, or maybe you are scared of criticism or push-back. If she doesn't start lessening her requests after you decline a few times, a more substantial talk might be in order.

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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**LEADER OF THE PACK**

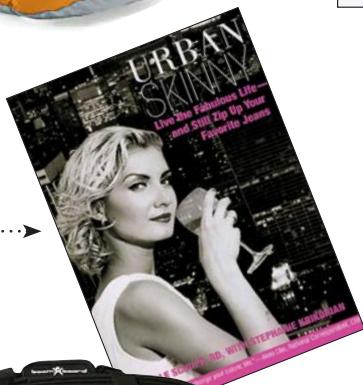
Instead of using his regular bag to lug around presents, Santa might want to consider picking up the latest version of the Osprey Aether 70 (\$259, REI), a lightweight pack that can fit a lot of loot — be it hiking gear or gifts. If Mrs. Claus decides to help out, she can strap on a female-friendly Ariel 75 (\$279).

**GET A GRIP**

Don't want to go barefoot for ashtanga class? Keep your feet covered and your spirits high with Holiday Yoga/Pilates Sox (\$15, Toesox.com). The grips along the bottom stop you from sliding around during poses. The candy cane stripes remind you to smile. Also: They're suitable as house slippers.

**DOWNTOWN DIET**

"Urban Skinny: Live the Fabulous Life — And Still Zip Up Your Favorite Jeans" (\$14.95, Globe Pequot Press) deals with the specific weight woes of city folks, such as client dinners, jet-setting travel and late nights at the office. But the rules — such as shrink your portions and never skip breakfast — apply to all.



**NEW IN HEALTH**  
**warm ups**

**PULL IT OFF**

There's no doubt that working your body with a Boom Board (\$159, Boomboard.com) would strengthen your muscles. But, then, so would doing the exact same exercises with a resistance band at a fraction of the price.

**META Physical Or META Fizzle?**

Sportline has a clever name for its "music-enhanced training assistant" that combines a heart rate monitor with an MP3 player: META (\$89.99, Bestbuy.com). It's a clever idea, too, even if the execution isn't perfect: You get to listen to tunes through an iPod-esque device that communicates with a chest strap keeping track of the time spent in your target zone. A woman's voice can cut into the music to keep you updated if you don't want to toggle through the screens during your workout (which is basically impossible). And though PC users can add extra MP3s, Apple owners are stuck with just the three pre-loaded tracks. VICKY HALLETT (EXPRESS)

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# fit | Phys Ed

## MAIN EVENT



ISTOCK

■ Runners can aim to race a marathon. Soccer players can train to win the league championship. And yogis' ultimate objective is usually spiritual fulfillment. But that doesn't come with medals — unless they're posing at a yoga competition, such as the Mid-Atlantic Regionals this Sunday at Bikram Yoga Baltimore (\$10-\$15, 3 p.m., 40 Cranbrook Road, Cockeysville, Md., 410-683-9642).

It's still a relatively new concept, and one that many practitioners of yoga may find contradictory. Don't your teachers always tell you yoga isn't competitive? But yoga championships are common abroad, and USA Yoga (Usayoga.org) is helping raise the sport's profile here.

Because the judging is based on a series of seven asanas (postures) while demonstrating balance, strength, flexibility, timing and breathing — and not other elements associated with yoga, such as the ability to meditate — it's not so far off from familiar sports.

"You're on the edge of your seat. It gets so quiet and everyone's excited," explains Emily Garner, who's hosting this weekend's event and has competed in the past. But the biggest difference is the supportive atmosphere: "Nobody's hoping the next girl falls over."

While competition might not appeal to everyone, it's open to anyone. And like a jogger who signs up for a 5K, having a contest as a goal can boost your daily routine. "It intensifies your practice because in class, you're more motivated to concentrate," Garner says.

In other words, it keeps you on your toes. v.h.

# Abs-olutely Fabulous

**Jackie Warner wants to whip you into shape for the holidays**

It's hard not to keep staring at Jackie Warner's abs. But a few minutes into the fitness guru/reality star's new DVD, "Power Circuit Training" (\$14.98, Anchor Bay), you'll be breathing too hard to even notice them. And your muscles — which she exhausts with sets of three exercises targeting the same body part followed by a "power burn" — will require as much attention as possible. While you were eating turkey with the family, we talked turkey with Warner about the workout.

### What's the deal with these "power burns" for each body part?

They're a good way to get your heart rate up and go to muscle failure. I wipe out each muscle group to failure. It's the best way to reach muscle growth, and that'll help you reach the best body. When you go into power burn, it's a combination of aerobic and anaerobic, which is best for weight loss. It's how I train my clients. We'll do chest presses with weight then push-ups, then leg presses and jumping squats. We go back and forth until we've done three sets.

### How else do you think your DVD mimics personal training with you?

I'm a perfectionist when it comes to form. This isn't taught in a class structure. You're learning how to really lift properly. The body plateaus, so you have to change pro-

grams once a month — either increase weights, increase reps or change the exercises. With this, they can take what they learn to the gym.

### Probably your goal is for most viewers to do the 40-minute total-body workout. Why have the 15-minute options?

That's for people who don't have enough time. If you only have 15 minutes, even if you only have 10 minutes, that's better than nothing. I own a gym, so I know gym memberships, and consistency goes down a third this time of year. It starts in October and goes to January. It's the perfect resolution to have this DVD. You can fit it in between parties.

### Is this season harder for you, too?

No, because I have a lifestyle. Monday to Friday I eat a very clean diet. No sugar, low bread, high in protein, vegetables and fruit. Then on Saturday and Sunday I get a treat meal — drinks or brunch. That works for me and my clients. I train six days a week. If I don't, I miss it. It helps relax me, and it helps me sleep.

### Speaking of your training, you mention your love of one muscle — and your issues with another one.

Everybody makes fun of me for overworking my chest and triceps. And the one thing I have a problem with is my butt. So, I hire



a trainer for an hour two times a week to work my butt. It's working. That's the big secret: that trainers hire trainers. I love working with a trainer who has a different specialty, like Muay Thai.

### Can you tell us about your upcoming show, "Thintervention"?

It's really about life-coaching people. These are people that maybe you'd look at them and be envious, but you'll see the struggles they go through. Exercise is about life changing. It's so much more than six-pack abs. It releases tremendous chemicals in the brain that make you feel good. It completely changes your energy, and it decreases negative feelings. So many people hate their bodies, but they're perfect machines. You just need to give them the right fuel to help balance it and cleanse it. I would not be in this industry if it's just about looking good. That bores me.

### So, you're eating lunch now. What's on your plate?

Some eggs with mushroom and spinach and low-fat cheese.

### Sounds yummy. The DVD comes with recipes for "non-cookers" — does that term describe you?

I am a non-cooker. But it's not hard at all to still eat well if you've got a Whole Foods or another organic grocery store. The easiest way is to go to the frozen food section and look for anything under 400 calories and 9 grams of sugar. There are so many choices. My go-to at home is a chicken breast with a yam and a little creamed spinach.

### And I have to ask about the silver shorts [pictured at left]. Do you ever actually work out in those?

No way. You could not catch me dead in those. In the gym, I wear baggy shorts and wifebeaters. I look like a bum off the street.

VICKY HALLETT (EXPRESS)

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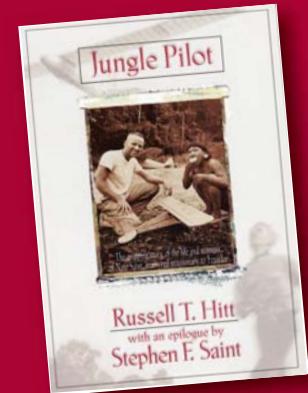
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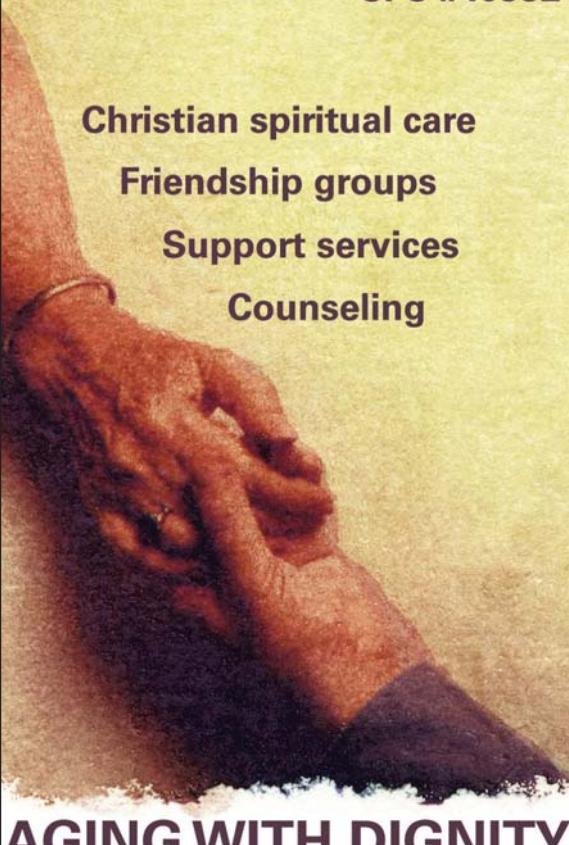


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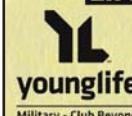
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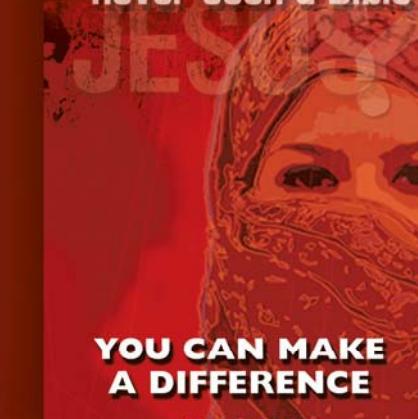
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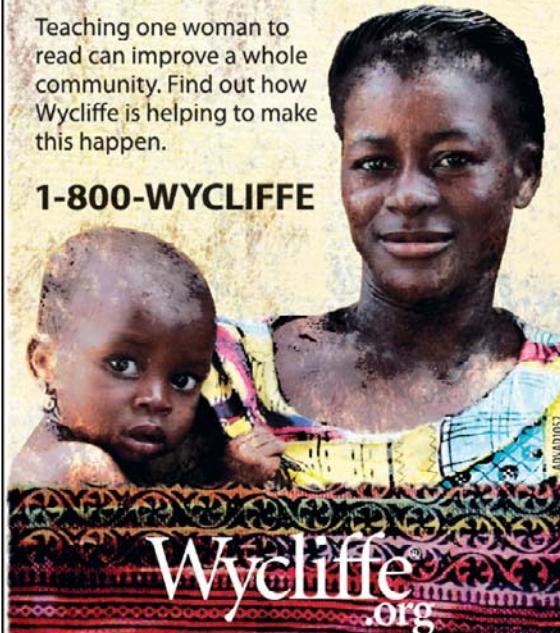


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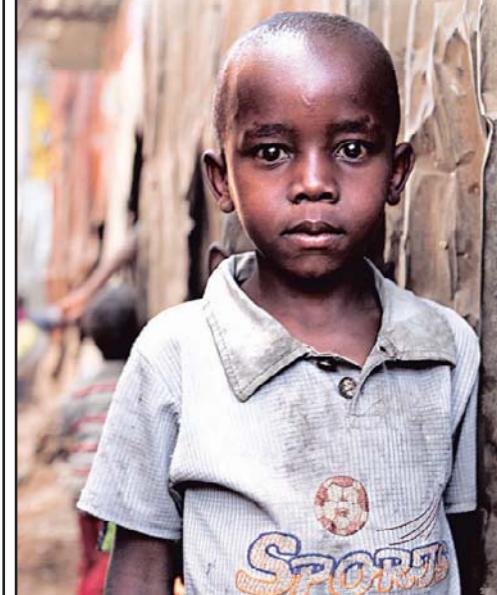
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- #10120 National Sleep Foundation
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# When the Diet Fails, Try Sumo

Bigger is better in this Israeli movie about the Japanese sport

The actors in "A Matter of Size," which kicks off the Washington Jewish Film Festival (Wjff.org) this Thursday night, wrestled with their body issues in a way they never had before: in a sumo ring. It's the unlikely tale of four guys who realize they can finally stop fighting with their bodies and instead embrace what makes them different.

And it's an even unlikelier movie to come out of body-conscious Israel, where the pickings are particularly slim when it comes to overweight actors. Producers were originally unconvinced that they could find men who had the, um, guts to take on the parts. "But then we came into the room in our underwear and they changed their minds," says Dvir Benedek, who's flying in for the WJFF screening and estimates his weight at 145 kilos (or 319 pounds). He snagged the part of Aharon, a guy worried about losing his thin wife.

Then they had to face the next challenge: getting in shape without changing their shapes. With the help of the people involved in the real (but tiny) sumo community in Israel, they trained twice a week for four hours for four



COURTESY WASHINGTON JEWISH FILM FESTIVAL

Four Israeli actors (including Dvir Benedek, second from left) trained like sumo wrestlers to look authentic in scenes such as this.

months, much like the characters do in the movie — running, jumping rope, stretching and, of course, grappling. "We got to know the sport. You can't cheat about sports," Benedek says. He had a leg up as a former high school wrestler who regularly runs and swims, but like the rest of the cast, he'd never sampled sumo before. It was a grueling regimen and often dangerous (Benedek ended up breaking another actor's shoul-

der), but an effective one. "We all started climbing stairs more easily," he adds.

Another weighty issue was the detail of donning mawashi, the traditional loincloth sumo wrestlers wear that reveals just about everything. "It's even more embarrassing than being naked," Benedek explains.

And what's more, there's a scene when the sumo trainees need to walk home through a market in

that getup. It seems funny on-screen, but it wasn't so amusing to shoot, because the director opted for realism — the folks laughing, staring and heckling them aren't extras, just people in an actual market in Ramle, Israel. "We got remarks about how big our asses were. It brings back high school when people are calling you names," he says.

Yet, those meanies have nothing on the film's nemesis, the witch

**Pushing your opponents out of the sumo ring requires many hours of training in skimpy clothes.**

of a woman who runs Weight Losers. In what must be the least supportive group environment ever created, participants are weighed and then berated for never doing well enough, and if they seem to be messing with her success rate by not slimming down, they're out. "That's the kind of critic dealing with being overweight in the wrong way," Benedek says. "You need to learn how to train and eat, not just measure your weight and tell you that you must lose it."

He describes it as a "coming out" film for the obese and one that speaks to anyone who feels like an outsider. But Benedek's curious to see how the message resonates in the United States, which he sees as more tolerant of larger folks. "When I go to the States, it's easy to buy clothes. It's very hard in Israel. Portions are bigger, seats are bigger," he says. Yet, he thinks that might not be the best way to live, either: "When I can't find clothes that are my size, I know I can't get heavier. I know there are these restrictions. Maybe in the U.S., I would be 30 kilos more."

One thing is for sure: "Size" matters. VICKY HALLETT (EXPRESS)

## TRAILBLAZER

### Take a Seat to Go Along for the Ride

■ Typically, when a cyclist hears "bike" and "December," visions of Lycra leggings and wind-resistant gloves dance in their heads. As the temperature continues to drop, so do the number

of two-wheeled outings. Sigh. What is a stir-crazy bike fiend to do?

Head over to the United States Navy Memorial Theater (701 Pennsylvania Ave. NW), that's what.

This Saturday at 5 p.m., join other gearheads when the ninth annual cross-country tour of the **BICYCLE FILM FESTIVAL** ([Bicyclefilmfestival.com](http://Bicyclefilmfestival.com)) rolls into town. Twenty bucks gets you in to see all three programs of cycling-centric flicks: everything from the documentary "Road to Roubaix" — which follows the trials and tribula-



COURTESY BFF

A scene from "Where Are You Go," which chronicles the 7,000-mile Tour d'Afrique.

tions of pro pedalers at the esteemed 160-mile Paris-Roubaix race — to a 10-minute short on zany inventors who mounted stereo systems on their BMX bikes ("Made in Queens").

Can't make it for five hours of film? Not to worry — there are \$8 individual screening tix up for grabs, too. Just make sure you stick around until 10 p.m. Considering the festival's after-party remains "to be determined," it would be a pity to have your bicycling brethren pedal off in search of PBRs without you. KRIS CORONADO (EXPRESS)

# Squash the Competition

## How to select and cook the oddest-looking seasonal veggie

American Indians prized winter squash so much, legend has it they buried them beside their dead to make sure they had enough fuel in the afterlife. And who can blame them? The high levels of potassium and iron — and fiber and vitamins A and C — in this winter veggie may help lower blood pressure, and prevent cancer and heart disease. All this for just 75 calories per cup!

Squash's impressive flexibility, mildly sweet flavors and brilliant hues make it a vibrant addition to fall and winter menus when other fresh options fade. "It has a place in every part of the meal — soup, salad, entree, side dish, even dessert," says Jackie Newgent, author of "Big Green Cookbook." And few foods pack more

of a powerful nutritional punch at so low a cost.

The only hitch: Most of us don't know what we're supposed to do with these oddly shaped veggies. So, here's an introduction to the wide world of squash and how you can simply and easily transform them from produce-aisle curiosities into the stars of your winter table.

**PICK IT:** "You want squash that's heavy for its size with a taut skin, matte finish and no soft spots or cracks," says Ellie Krieger, host of the Food Network's show "Healthy Appetite." Also, do the fingernail test: If you can press it into the rind fairly easily, that means the squash was picked before it was fully ripe and you should pass on it.

**STORE IT:** Stash it in a dry, relatively cool place with good air circulation (such as a cellar or well-ventilated pantry) and winter squash will keep for several weeks, not just a few days like many other veggies. "Wrapped tightly in plastic, cut squash is good in the fridge



ISTOCK

for up to a week," Newgent says, so you can prep a couple squashes on a Sunday and then use them all week.

**SLICE IT:** Start with a sharp, hefty chef's knife or cleaver and get ready to put some muscle into it. Hack off

the stem, firmly cut into the rind using the full length of the blade, and press down to slice in half. "If the rind is too tough to cut, cook the squash on high in the microwave for two minutes to soften it slightly," Newgent suggests.

Remove the seeds with a spoon or ice cream scoop.

**PEEL IT:** Krieger recommends cutting one inch from the top and the bottom before peeling, to keep the squash from rolling around. Place it upright. Then, using a sharp knife, follow the shape of the squash to remove the peel. For some types of squash (such as spaghetti) or for certain recipes, you can cook in the rind and then scoop out the flesh when it's done.

**BAKE IT:** Brush the flesh with vegetable oil, place it on a baking sheet and bake at 350 F for about 40 minutes or until the flesh is tender. To speed things up, Newgent chops squash into one-inch cubes, which slashes the bake time in half.

**MICROWAVE IT:** You can also nuke squash (the taste will be almost the same, although the rind won't get as soft and you won't get the caramelized browning that you do when you bake it). Arrange pieces of squash in a microwave-safe dish and cover loosely with unbleached parchment paper. Cook on high for eight to 10 minutes for halves, or six to eight minutes for cubes. MATTHEW G. KADEF  
(REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



## EATING IN

### Orange Spice Molasses Cookies

1 HOUR, 25 MINUTES; MAKES 40

#### FOR THE ROLLING SUGAR

- **1/2 CUP** granulated sugar
- **1 TBSP** grated orange zest

#### FOR THE COOKIE DOUGH

- **1 1/2 CUP** rolled oats
- **5 TBSP** unsalted butter, softened
- **1/3 CUP** granulated sugar
- **1/3 CUP** packed dark brown sugar
- **2 TBSP** grated orange zest
- **1/2 CUP** light or dark molasses
- **7 TBSP** unsweetened applesauce
- **1 LARGE** egg yolk
- **1 TSP** vanilla extract
- **1 TSP** baking soda
- **1 1/2 TSP** cinnamon
- **1 1/2 TSP** ginger

- **1/2 TSP** ground cloves
- **1/4 TSP** allspice
- **1/4 TSP** ground black pepper
- **1/4 TSP** salt
- **2 1/4 CUP** whole-wheat flour

#### PREPARATION

1. Heat the oven to 375 F. Coat a large baking sheet with cooking spray or line with parchment paper.
2. To prepare the rolling sugar: In a food processor, pulse the sugar and orange zest until well combined. Transfer to a shallow dish.
3. To prepare the cookie dough, in a blender, grind the oats until they are reduced to a fine powder, about one to two minutes, scraping the sides as needed. Set aside.
4. In a large bowl, use an electric mixer on medium-high speed to beat together the butter and granulated sugar for five min-



LARRY CROWE/AP

- utes. Add the brown sugar and orange zest, then beat for two minutes.
5. Add the molasses, applesauce, egg yolk, vanilla, baking soda, cinnamon, ginger, cloves, allspice, pepper and salt. Beat on medium-high until incorporated, about 30 seconds, scraping down

the bowl and beaters as needed.

6. Turn the mixer to medium and slowly add the ground oats. Scrape down the bowl. With the mixer on medium, slowly add whole-wheat flour. The dough will be moderately sticky.
7. Using a slightly rounded tablespoon

of dough, roll into balls, then roll in the rolling sugar to coat. If necessary, wet your fingers to help roll without sticking. The zest will make the mixture slightly wet, and it will clump. Lightly brush off any excess so that just a thin coat remains on the cookie. Place cookies about 1 inch apart on the prepared baking sheet.

8. Working in batches, bake the cookies until the edges are set and the tops are cracked, but the centers are still soft and puffy, about 10 minutes. Let the cookies cool on the baking sheet for eight minutes. Serve warm or transfer to a wire rack to cool. (Recipe from December 2009 issue of EatingWell magazine) (AP)

**#** 85 calories, 1 g protein, 16 g carbs, 2 g fat, 9 mg cholesterol, 48 mg sodium, 1 g fiber

**fit****STETHOSCOPE**

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I live in Washington DC but I am helping save lives in Africa.

**ENVIRONMENT****Feet Rule the Streets**

■ Low-emission vehicles just can't compete with feet. A study published in the Lancet showed that cities would achieve greater health benefits by urging residents to hoof it and cycle rather than just ride in more eco-friendly cars. They concluded that extra exercise and less carbon dioxide in the air would reduce heart disease, dementia, breast cancer, lung cancer and depression.

**HAPPINESS****Want to Talk About It?**

■ They say money can't buy happiness. That's not quite true, according to researchers at the University of Warwick, who analyzed data on thousands of people. But it turns out therapy is more effective. They calculated it would take a pay raise of more than \$41,532 to equal the boost someone would get from \$1,329 of psychological therapy. This could have an impact in the judicial system, where financial settlements are often used to deal with pain and suffering.

**PAIN****Exception: Chris Brown**

■ Chairs can be comfortable, but they're not as comforting as boyfriends. This is from a University of California, Los Angeles study that had young women experience painful heat on their forearms while gazing at photos of their boyfriends, a stranger and a chair. When they were looking at their men, the subjects reported less pain.



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Approved by CHR on May 14, 2008 CHR# H.22.04.02.19.A2 (AD# DC 101)



## WHERE ARE THEY NOW?

Last June, six Express readers began a 12-week journey that would change their lives - the Gold's Gym Get Fit Challenge.

Contestants teamed up with trainers at Gold's Gym locations throughout the D.C. metropolitan area to slim down, tone up, and become their healthiest.

**Altogether, the group lost almost 200 pounds!**

Gold's trainers used **Gold's 5 Components of Fitness:** Goal Setting, Nutrition, Cardiovascular Health, Resistance Training and Education and Professional Assistance to help Challengers reach their peak fitness levels.

### So what has become of our heroes and heroines?

**Have their fitness routines continued now that they are out of the public eye?**



bonus, Meaghan says the challenge "made me realize that my health was my top priority." Meaghan says her physical conditioning has improved dramatically. Meaghan works out five days a week and trains weekly with Jenny. "She knows my limits and pushes me to work as hard as I can."

**POST CHALLENGE:** "I've added vegetables into every meal of the day, whether it is throwing diced peppers into an omelet or cubed squash into my chili."

**TRAINER:** Jenny • **GOLD'S GYM:** Ballston

### NOW SHE'S COOKIN'

Challenge winner **MEAGHAN** lost a total of 22 pounds during the challenge. She also won \$5,000 and a one-year membership to Gold's Gym! Although the prizes were a

bonus, Meaghan says the challenge "made me realize that my health was my top priority." Meaghan says her physical conditioning has improved dramatically. Meaghan works out five days a week and trains weekly with Jenny. "She knows my limits and pushes me to work as hard as I can."

**POST CHALLENGE:** "I've added vegetables into every meal of the day, whether it is throwing diced peppers into an omelet or cubed squash into my chili."

**TRAINER:** Jenny • **GOLD'S GYM:** Ballston



### PART OF THE TEAM

**LARRY** entered the Challenge to focus on himself for once. That decision led him to lose 49 pounds and to join the Gold's Gym family. He's now a part-time Gold's Gym Membership Advisor! Larry says his fitness journey is a great way for him to "break the ice for anyone reluctant to discuss any issues and reservations about exercising and good eating habits." Larry also has more fitness plans on the

horizon: he wants to become a Body Jam instructor.

**POST CHALLENGE:** "Working with Gold's gives me the chance to inspire anyone that walks through the door!"

**TRAINER:** Chris • **GOLD'S GYM:** Midtown

### NOT RUNNING ON EMPTY

**GREG** is a dad who had trouble sticking to a fitness routine. By the end of the challenge, he had lost 27 pounds. He says the variety of exercise options at Gold's was key to creating a workout that wasn't routine. Greg still attends classes like RPM and Body Pump because, "I feel like I burn the most calories during the shortest amount of time." Classes like Body Attack and Abs are also on his to-do list.

**POST CHALLENGE:** "I can now run a mile with no problems whatsoever, and I'm looking forward to running several 5ks and 10ks next year."

**TRAINER:** Michael • **GOLD'S GYM:** Rockville Town Square



such as 'lose 2 pounds a week, or shave 1 second off my best time.'

**TRAINER:** Erin • **GOLD'S GYM:** Merrifield

### NEW SKILLS AND A NEW FRIEND!

**JAMIE** wanted the energy to handle the rigors of police work and the family she hopes to start one day. She finished the contest 22.2 pounds lighter. Jamie says the Challenge inspired her to become an RPM (cycling) trainer. One of the best rewards of the challenge is her friendship with her trainer Erin. The duo gets together twice a week to run or work out.

**POST CHALLENGE:** "Erin showed me how to take it step by step to accomplish the overall goal. Now I set my sights on smaller objectives,



such as 'lose 2 pounds a week, or shave 1 second off my best time.'

**TRAINER:** Cameron • **GOLD'S GYM:** Fairfax Station

### SHARP-DRESSED MAN

**ANTHONY** entered the Get Fit Challenge to balance fitness with a busy schedule. By the end of the 12 weeks, Anthony had lost a total of 34.8 pounds. It's still sometimes difficult finding time, but he manages at least 3 workouts a week. Anthony says Gold's focus on nutrition as well as exercise had a lasting effect. In addition to the weight he's lost and muscle he's gained, Anthony says he's able to fit into clothes he had forgotten about.

**POST CHALLENGE:** "I'm stronger, more disciplined, and more confident."

**TRAINER:** Cameron • **GOLD'S GYM:** Fairfax Station



### MAXIMUM MOM

**KIM** wanted to attack her diabetes. She had lost 29.8 pounds by the end of the Challenge. Kim says her A1C average and blood pressure numbers have gone way down, but her energy level is through the roof. "I have more energy to play with my 13-month old son. We have so much fun!"

**POST CHALLENGE:** "I've been able to cut my medicine to the lowest dose possible and my doctor is considering taking me off all together. I am so grateful!"

**TRAINER:** Tasha • **GOLD'S GYM:** Capitol Hill

### Now's your chance to follow in their fitness footsteps!

Our former challengers will tell you, it's more than getting fit - it's about finding your inner strength. So we've decided to call the next challenge, the **Know Your Own Strength Challenge**.

December 2nd, Gold's Gym and Express will start looking for six hopefuls to compete in the Know Your Own Strength Challenge.

Contestants will receive 12 weeks of personal training, guidance on healthy nutrition and an unlimited 12-week pass to Gold's Gym.

**With the support of their trainers and staff, contestants will compete to win:**

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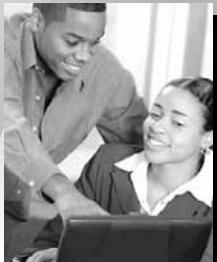
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Landex Management - Where communities Begin  
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Lovely Setting  
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Close to Shopping & Metro

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Silver Spring, MD 20910[ColesvilleTowers.com](http://www.colesvilletowers.com)**Parkside East**  
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- Minutes to Bethesda & downtown Silver Spring • Minutes to Metro

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SILVER SPRING, MD

- All Utilities Included
- Blocks from Silver Spring Metro
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- Private Parking Garage
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Starting at \$1005  
**\$0 Application Fee**

Spacious Floor Plans  
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On-Site Laundry Facilities  
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CAPITAL HEIGHTS

**CAPITOL COURTS**  
6936 Walker Mill Rd.  
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**2BR Starting at \$950**  
**3BR Starting at \$1040**  
**1 Month Free Rent!!**

- Controlled Entry
- Individual Patios/Balconies
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- Wall-to-Wall Carpeting
- Large On-site Laundry Facilities
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CAPITAL HEIGHTS

**CAPITOL COURTS**  
6936 Walker Mill Rd.  
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**1-866-204-8062**

**2BR Starting at \$950**  
**3BR Starting at \$1040**  
**1 Month Free Rent!!**

- Controlled Entry
- Individual Patios/Balconies
- Spacious Closets
- Wall-to-Wall Carpeting
- Large On-site Laundry Facilities
- Central Heat & AC
- Playgrounds
- Swimming Pool

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• Call for details.

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**OPEN HOUSE**  
SATURDAY, November 21, 2009  
\$250 off at move in!  
FREE ACCENT WALL  
FREE APPLICATION FEE  
(\$35 APP FEE REBATE UPON MOVE IN)

PAY NO UTILITY BILLS\*  
ALL UTILITIES INCLUDED\*

1 BEDROOMS FROM \$789  
2 BEDROOMS FROM \$849  
FOR A LIMITED TIME ONLY!

CALL NOW  
**(866) 574-7408**  
\*FOR A SMALL FEE  
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1 Bedrooms from \$799.00  
2 Bedrooms from \$899.00

**FREE application Fee plus \$300 MOVES YOU IN**

HURRY! Only a Few Apartments Left  
Must move in by November 30, 2009

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**Carlyle @ Harbor Pointe**

Only Gated Community in Oxon Hill, Md  
Newly renovated apartment homes  
Wall to Wall Carpet  
Upgraded Kitchen with Breakfast Bar  
Minutes away from New National Harbor  
Military discount available

**Move in with \$87.50!!**  
Must be in by Nov. 30th  
Rents as low as \$699.00

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Hours: Mon-Fri 9-6, Sat 10-5, Sun 1-5  
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We are a Pet Friendly Community

Central Park—\$1295.00, 3 br, 1 ba, 2 1/2ba, 3 Fls,  
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1 , 2 & 3BR renovated apts  
\$850!

Reduced Sec. Deposits!!!

No App Fees, just bring proof of income &  
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Call Dominique @ 301-803-0938  
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**EFF \$699 • 1BR \$765 • 2BR \$825**

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**DECEMBER 12**

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**(888) 728-4254**

**1BR & Den \$950**  
**\$99 Security Deposit**

\*Controlled Entry System  
\*Kitchens with Dishwashers  
Wall to Wall Carpet  
\*Patio/Balconies  
\*Close to Metro Station

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**SUPER SPECIALS**  
**2 MONTHS FREE!\***

\*prorated over 12 mo lease

**1 BRs from \$690\***  
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\*limited time offer-subject to change without notice

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Fort Lincoln—2BR, 1B,CAC,W/D,patio,  
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Fort Washington  All utilities included

**2brs from \$1074**  
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\* Walk-in closets  
\* Full equipped kitchen  
\* Patios & balconies  
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HAS IT ALL!

Rents start at \$ 769\*  
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ON OUR TOWNHOMES!

All Credit Considered  
Foreclosure Applicants Welcome  
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- ✓ Some Units Newly Renovated
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**WE PAY 50% OF ELECTRIC\***

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## RENTALS

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FREE APPLICATION REBATE - upon move-in  
ALL UTILITIES INCLUDED  
For a small fee

1 & 2 Bedroom's from \$779 - \$1029

BEAUTIFUL RENOVATED  
APARTMENTS AVAILABLE  
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GREATER DISCOUNTS FOR  
Teachers, Police, Students,  
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- EACH apt. w/washer & dryer
- Designer Kitchens
- Ask About Free Rent

## LAUREL, MD

- Each apt. w/washer & dryer
- Eye-Opening Renovations
- Spacious and open floor plans

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- Eye-Opening Renovations
- Spacious and open floor plans

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- Huge apartment homes
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\$988-  
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- Renovated Building & Units
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- On-site Laundry
- Adjacent to Meridian Hill Park

Landover

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Less than perfect credit  
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\$250 Security Deposit  
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Central AC/Heating • Computer Lab  
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(Part of the Pentacle Group)

**1 BRs from \$760**  
**2 BRs from \$850**  
Completely renovated community

- Metro bus stops right at the community
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- close to Eastern Market
- off street parking
- income restrictions apply
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[www.horningbrothers.com](http://www.horningbrothers.com)

NE

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1 and 2 BR Starting @ \$745**

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- On-site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
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- Pick your accent wall

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NE

Ames Street Apts.

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**All 1 Bedrooms only \$725/month!**

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Near Minn Ave Metro Station  
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Showing apts. 7 days a week!  
Call Dominique @ 301-803-0938  
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NW - 1BR \$925 incl util. Laundry on-site.  
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NW-Columbia Heights

## Meridian Park

2445 15th St., NW

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**EFF: \$995**  
**1BR W/Park View: \$1350**  
Plus Cooking Gas & Electric

**FREE 32' Flat Screen TV!!!\***  
Ask About Our Leasing Options

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- Elevator Building
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PLEASURE!**

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\*Beautiful Brick Building

\*Spacious Apartments

\*Elevator Building

\*Hardwood Floors

\*On-Site Laundry

\*Walk-in Closets

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NW-Adams Morgan

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Morgan

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\*On Site laundry facilities

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\*Hardwood Floors

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\*Frost Free Refrigerator

\*Gas Range

\*Elevator

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\*Must move in by 12/15/09

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EFF: \$965

All Utilities Included

\*On-site Laundry

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NW

The Kingle  
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1BR: \$1450

\*All Utilities Included!!!

\*In Cleveland Park

\*Beautiful Brick Building

\*Spacious Apartments

\*Spacious Apartment

\*Walking Distance to Metro, Shopping and  
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Oxon Hill—\$1200, 50%OFF, 2br,1ba, AC, utils,  
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## RENTALS

## RENTALS

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Furnished Apartments\*\*

- Fitness Center on Property
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- Washer/Dryer\*\*
- Outdoor & Indoor Pools
- Free 6 week summer camp

**FREE  
DECEMBER  
RENT!  
(SELECT UNITS)  
1BR FROM  
\$895**

**Call Now  
For Our  
FANTASTIC  
SPECIALS**

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
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- 1, 2, & 3 BR AVAILABLE
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LANDOVER

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- Walk to Elementary School
- Daycare on Premises
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- Security Deposit payment plan (call for details)

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FANTASTIC  
SPECIALS**

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

**Call Now  
For Our  
FANTASTIC  
SPECIALS**



LANDOVER

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- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp \* select units

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RENT!  
(SELECT UNITS)**

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

**CALL  
ABOUT  
FANTASTIC  
SPECIALS**

- Gated Community
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- APPLY NOW-Move in by 12/1. Call for details.

**MOVE IN  
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ONLY!  
1ST MONTH  
FREE!**

OXON HILL

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**CALL  
ABOUT  
FANTASTIC  
SPECIALS**

- Gated Community
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- APPLY NOW-Move in by 12/1. Call for details.

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- Free 6 week summer camp
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- New Walmart Across the Street
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1ST MONTH  
FREE!**

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- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

**FREE  
DECEMBER  
RENT!  
(1-BRS ONLY)**

**1/2 OFF  
1ST MONTH'S RENT!\*  
PARKWAY TERRACE APTS  
1 & 2 BRs fr \$770**

- Walk to Metro/Tennis Courts
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- Parklike setting w/picnic tables and bbq grills
- \$20 APPLICATION FEE\*
- MAXIMUM INCOME LIMITS APPLY
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- Managed by the E&G Group
- \*must move in by 11/15/09

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1-866-646-7056**OPEN HOUSE Thursday 11/19,  
4PM-7PM**Zero Application Fee!  
\$300 Off 1st Month's Rent!**1BR From \$795**

- \*Beautiful Apartment Community
- \*Renovated Kitchens and Baths
- \*Amenity Closet Space
- \*Close to Shopping
- \*On & Off Street Parking Available

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**East Pines Terrace****\$99 MOVE IN**

- Spacious Studios
- 1 BR & 2 BRs
- Walk-in Closet
- Balconies
- Laundry Room
- Free Gas - Near Metro
- Delwin Realty

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\*on select apts for qualified applicants**Rockville****Rocklin Park**708 Lenmore Ave.  
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2 BR from \$1050

- Great Location
- Remodeled Kitchen
- Wall-to-wall Carpet
- Walk to Metro
- On Metro bus route
- Convenient to Shopping and Dining

William C. Smith & Co./EHO  
[www.wcsmith.com](http://www.wcsmith.com)**Rosecroft Mews Apartments**  
2428 Corning Ave  
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1-866-652-4957**Recession Special  
Must Move in by Nov. 20th**

- \$699.00 One Bdrm
- \$759.00 One Bdrm + Den
- \$799.00 Two Bdrm
- \$859.00 Two Bdrm + Den

**Newly Renovated Apartment Homes**

Spacious Apts, Wall to Wall Cpt, Washer, Dryer, Dishwasher, Fitness Center+more

Hours Mon-Fri 8:30-5:30 Sat 10-5

Must Move in by Nov. 20th

**TWO BEDROOMS**  
**FREE**  
**Application Fee • Deposit  
No rent for December\***

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- \*New Qualified Applicants Only

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CIH Properties, Inc.SE -- 1 BR, 1 BR with den, 2BR  
\$715 & up! elec. No Pets.

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SE

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(866) 505-8057Saturday Nov 21st  
10am-3pm**Move In Specials!!!**

Food..Prizes..Fun!!!

2 & 3 Bedrooms Starting At  
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- Newly Renovated Apartment Homes
- Large floorplans
- Spacious closets
- Choice of Wall to wall carpet or Hardwood Floors
- Laundry on-site
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- Free Shuttle Bus to Metro
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- THEARC Just Blocks Away

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[www.wcsmith.com](http://www.wcsmith.com)SE, DC- 13th ST SE- 5 mins to Metro and shops  
2BR from \$695/month plus utilities.  
Half off deposit special. 202-388-3900SE HOLIDAY SPECIAL!  
Hurry In! Garden Style Apts!Free Gas and Hot Water  
Close to Metro, schools & shopping!**CALL FOR 2 BEDROOM SPECIALS!**

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- Laundry facility on property
- Intercom access to every bldg.

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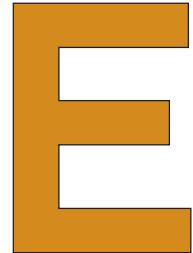


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**Nobody needs** the standard edition of AC/DC's "Backtracks," a two-CD-plus-DVD collection of rarities — mostly because the deluxe edition, above, is so much cooler: three CDs, two DVDs, one vinyl LP and a 164-

page coffee-table hardcover, packaged in a working mini-amplifier. Still, the only real reason to pony up \$180 for the fancy version is to own a dust-gathering totem of awesomeness. The truth is, there's no end of live AC/DC already available, and the studio outtakes are such for a reason, making even the standard "Backtracks" a super-fan luxury.

All but one of the studio tracks came out on Australian-only LPs and singles, and even though they mostly follow the well-grooved AC/DC template, there's something off about them. ("Love Song" sticks out because it recalls a '60s Rolling Stones ballad.) And all but one of the concert cuts are pulled from single B-sides, but the problem with AC/DC live recordings — and why the band is so dependably great in person — is that they sound almost exactly like the studio versions.

AC/DC has been obscenely consistent for 37 years, and "Backtracks" displays that — to a fault.



To reach Christopher Porter, e-mail christopher.porter@readexpress.com



By  
Christopher  
Porter

Josh Ritter pens a set of ornate new tracks and his first published novel

#### Yarn Spinner

When Josh Ritter plays at the 9:30 Club on Dec. 1, it will mark his return to the 2007 moment and place when he felt like he truly had arrived.

"That experience was just tremendous," said Ritter, 33. "That was the first show in America really where I felt this is actually something — this is like a dream coming true."

National Public Radio recorded the show, and Ritter went on to release "Live at the 9:30 Club" as an EP on Record Store Day last year. (The concert tonight marks

#### expressnightout

To watch Josh Ritter videos and clips of him playing live, visit us online.

[WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM)

the start of a brief tour with rootsy rockers the Low Anthem.)

This should be the last tour in support of the singer-songwriter's 2007 release, "The Historical Conquests of Josh Ritter" — a sprawling, epic album featuring references to Joan of Arc, historic battles and Casey Jones. Ritter recently finished the follow-up, which he plans to release in the spring.

The as-yet-untitled album was produced by keyboardist Sam Kassirer at the same Maine farmhouse where he and Ritter teamed to record "Historical Conquests."

online  
now

**expressnightout.com** ►► R. Kelly's music is still no-holds-barred dirty — and obscenely catchy ►► The melodies of everyday speech become beautiful music on Charles Spearin's record 'The Happiness Project' ►► We pick the top five covers from 'Doolittle,' the landmark album Pixies are playing in D.C. this week

## Power Couple

Chelsea Clinton is engaged to banker Marc Mezvinsky **39**



# The Singer-Storyteller



#### On the Record

**"This record has got a lot of big, long songs on it. It's a real narrative-driven record, much less so than 'Conquests.' It took about a year to make. I think it kind of combines a lot of what 'Animal Years' had, in terms of intricacy, with the recording techniques Sam and I have come to learn."**

"It's a much more ornate record," Ritter said. "I think the last record, to me — when I was making it — it was a spontaneous eruption. ... [This one] feels big, with every detail filled in."

And despite the care and time it took to make the album, Ritter's also had time to work on his first novel. Well, he's actually written "a couple here and there," but this is the first he will publish, he said.

"The whole experience of writing a novel is like training for a race," he said. "You can't train for it in one day. It's not like a song, where you can write it in one day. It's a different experience, but it's an amazing experience." **RUDI GREENBERG (EXPRESS)**

● 9:30 Club, 815 V St. NW; with the Low Anthem, Tue., 7 p.m., \$20; 800-955-5566. (USt.-Cardozo)

TOUGH LOVE ARTIST MANAGEMENT

Compiled by Fiona Zublin. For upcoming events, follow the Top Stops blog at [expressnightout.com/topstops](http://expressnightout.com/topstops)

# [expressnightout.com](http://expressnightout.com) lookout

top  
stops



## 1 Vive la Difference

"Some Like It Hot," the 1959 comedy about two musicians who dress in drag and join an all-female orchestra to escape the Chicago mafia, is not just one of Marilyn Monroe's finest movies; it's one of the best movies of all time. If you know anyone who says he or she can't watch black-and-white films without falling asleep, that person try this one. f.z. **AFI Silver, 8633 Colesville Road, Silver Spring; 6:30 p.m., \$6-\$10; 301-495-6700, Afi.com/Silver.** (Silver Spring)

## 2 Get the Scoop

Every once in a while, the Newseum shows films about journalism to keep us all good and inspired about the free press. Tonight, you can see "His Girl Friday," a 1940 Cary Grant/Rosalind Russell rom-com about two reporters on the trail of a story. News analyst Cokie Roberts will be on hand to give her thoughts on the flick. f.z. **Newseum, 555 Pennsylvania Ave. NW; 7 p.m., \$25; 888-639-7386, Newseum.org.** (Archives)

## 3 Man With the Plant



Jonathan Safran Foer has gotten a lot of accolades and a lot of grief for "Eating Animals." It's a sort-of-condescending, occasionally gross and almost-all-true book about our carnivorous behavior and the factory farming to which it leads. Foer will speak about food, agriculture and more tonight. f.z. **Sixth & I Historic Synagogue, 600 I St. NW; 7 p.m., \$10; 202-364-1919, Sixthandi.org.** (Gallery Place)

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# lookout entertainment

## Top Hardcovers



### Under The Dome

Stephen King

**1.** **Under The Dome** Stephen King

**2.** **The Lost Symbol** Dan Brown

**3.** **Ford County: Stories**

John Grisham

**4.** **The Gathering Storm (Wheel of Time)** Robert Jordan and Brandon Sanderson

**5.** **The Help** Kathryn Stockett

SOURCE: PUBLISHERS WEEKLY

# Married With Biker Children

Katey Sagal plays the queen mother on 'Sons of Anarchy'

### Matriarch

Season two of the FX drama "Sons of Anarchy" is primed to end with bloody payback. The Sons, a fierce and fiercely close-knit motorcycle club, are set to wreak havoc on enemy forces that have cut into their outlaw livelihood and horned in on their turf (the curiously named town of Charming, Calif.).

Further upping the ante for the season conclusion (Tuesday at

10 p.m.): The club must teach the ultimate lesson to that band of white separatists who, at the season's start, sent the club a message by seizing and raping its matriarch, Gemma Morrow.

Played by Katey Sagal, Gemma is dishy, shrewd and tough as wife to the club's president (Ron Perlman) and mother of its rival for the throne (Charlie Hunnam).

With her long, lean figure and ascendant cheekbones, Sagal first found fame as Peg Bundy, the big-haired, smart-mouthed housewife for 11 seasons on the Fox sitcom "Married... With Children."

For three seasons she starred on the ABC comedy "8 Simple Rules,"



PRASHANT GUPTA/FX

On the season finale of "Anarchy," the Sons seek to defend Gemma's honor.

which was rocked by the sudden death of co-star John Ritter early its second year.

Along the way, she snagged the role voicing sexy one-eyed mutant Leela on the cartoon series "Futurama" for Comedy Central.

Gemma came into her life thanks to her husband, Kurt Sutter, who created "Sons of Anarchy" after seven seasons as writer and executive producer of FX's landmark cop drama "The Shield."

"I know there's nefarious behavior, and gangs, and guns and gunrunning. But to me, 'Sons of Anarchy' is a family drama," she says.

FRAZIER MOORE (AP)

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Last day to enroll is December 14!



## entertainment lookout

# Listening to His Heart

Tom Petty digs deep to select tracks for a new anthology

### Q&A

Tom Petty has grown up, but not too much.

The 59-year-old spent a year going through thousands of hours of live concert recordings covering Tom Petty & the Heartbreakers' tours across three decades.

The result is "The Live Anthology" — not a greatest hits album, but a multiple-disc set. There are no overdubs, and the notorious perfectionist can now see why his hard-driven mates were "a good little rock 'n' roll band."

Petty, who said the process was like looking at a family photo album, talks about going through his extensive body of work.



GETTY IMAGES

#### **What made you want to pull out hours and hours of tape?**

Well, it seemed like a good time to do it, and I thought it would be a chore in a way. I started to do it, and I just fell in love with the project. ... I spent a year digging out stuff and mixing it. It was great.

#### **Were you ever overwhelmed**

#### **during this process?**

Well, yes. But we knew we had plenty of time to do it. To get an idea of what the band was and is, there is a lot of stuff you have to hear to take in an accurate document of all those years.

#### **What do you think this all means — this album, this life that you've been handed?**

It was a gift I was given, and what it means I don't know. Johnny Cash once told me, he said, "It was a noble job." And I said, "Really?" And he said, "Well, it makes a lot of people happy." ... It does. It makes a lot of people happy. You can lose sight of that. People come to me and stop me on the street and tell me how some song played some role in their life or how it got them through a hard time, and I just think, "Damn, that's what it is about."

NATALIE ROTMAN (AP)

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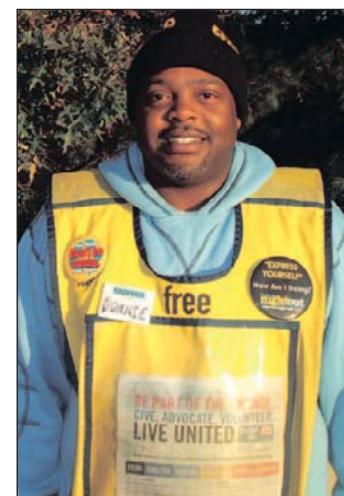
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## TV tonight lookout

# A Worn-Out Welcome

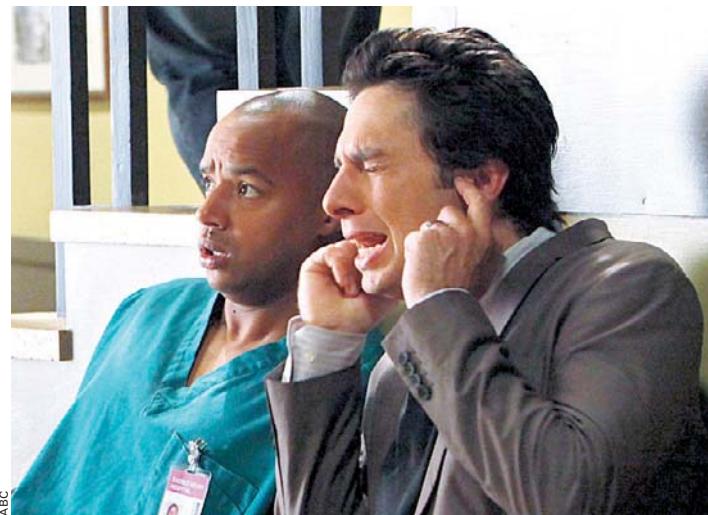
'Scrubs' lingers like a chronic disease with a ninth season

### Long Road

**ABC 9:00** ABC continues a peculiar network tradition of hanging on to sitcoms long past their expiration date. "The Drew Carey Show" sustained the network during its lean pre-"Millionaire" days, and ABC rewarded "Drew" by running it from 1995 to 2004, even though it wasn't all that funny after, say, 1997.

"According to Jim," a sitcom that seemed ancient and dated when it debuted in 2001, continued on the Alphabet Network until this very spring.

And now "Scrubs," a series left for dead by NBC some years back, returns for its ninth season tonight. In the first episode (9 p.m.), the old



Donald Faison and Zach Braff are up to their same old antics tonight on "Scrubs."

gang returns to the old hospital to teach. In the second (9:30 p.m.), J.D., Turk and Kelso play matchmakers.

Like many shows long in the tooth, "Scrubs" faces personnel changes. Zach Braff, the star

of the series, is scheduled to be phased out as "Scrub" moves its focus to a younger set of interns, students and knuckleheads. Hey, this worked for "ER," and that ran for 15 years. KEVIN McDONOUGH (UNITED FEATURE SYNDICATE)

### Best Bets

**CW 8:00**

**90210** Adrianna makes a life-changing decision about her pill popping after a hospital visit with Navid, who has no memory of who pushed him. Meanwhile, Silver and Teddy bond over the loss of their mothers.

**ABC 8:00**

**Presidential Address** Obama's speech (also on CBS, NBC, Fox) bumps two Christmas specials. "Disney Prep & Landing" and "A Charlie Brown Christmas" will air next week.

**CBS 8:00**

**NCIS** This case hits close to home, but they'll have to go far from home to solve it. When an NCIS agent is killed, Gibbs and company venture into the desert in search of a woman who holds the key to finding the killer. Michael Weatherly also stars.



**BRAVO 10:00**

**Tabatha's Salon Takeover** Tabatha goes to Chatsworth, Calif., to help Plush Salon owner Kimmie Blackhall, who persuaded her hubby to sink their life savings into her business, then squandered all the profits. Kimmie runs the place like a sorority, forcing Tabatha to give everyone involved a massive wake-up call.

**cw 9:00**

**Melrose Place** Amanda moves into Sydney's old penthouse — because, yeah, that's not too creepy — and takes a very special interest in David. Meanwhile, Ella tries to get Jonah a new job. (TRIBUNE MEDIA)

### Nerd Out

**Geeks of the World, Rejoice:** The new series "Sci-Fi Science: Physics of the Impossible" (10 p.m., Science) explores areas where emerging technology might soon realize cinematic fantasies of light sabers and time travel. Host and author Michio Kaku ("Physics of the Impossible," Doubleday, 2008) discusses how these fantasies could become part of everyday reality. He will devote each episode to describing ways each fantastic invention could be built. KEVIN McDONOUGH (UNITED FEATURE SYNDICATE)

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# lookout online

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### Monday's Results

**DO YOU CARE WHAT CAUSED TIGER WOODS TO CRASH HIS SUV INTO A TREE?**



**"It's not the crash** that concerns me. It's the rumors and speculations that's the real issue here. They say there are two sides to every story. Unfortunately, both sides of this story are working on getting their story straight before talking to anyone."

**COMMENTER RON THE DON**

**"I have other things** to worry about [besides] what Tiger Woods does when he is not playing golf. That's not my business!"

**COMMENTER E. MOORE**

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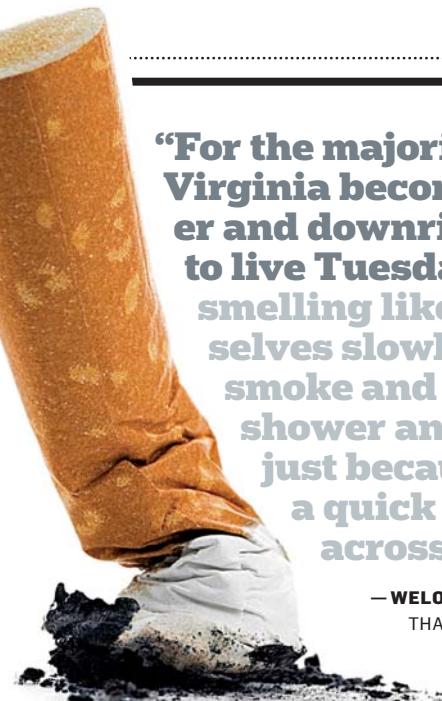
**"There is absolutely no need for a serious newscast to be that boring. NPR has hit on a formula that's intelligent but also keeps things moving. So, presumably, can PBS."**

— **DANKENNEDY.NET** THINKS IT'S ABOUT TIME THAT "THE NEWSHOUR WITH JIM LEHRER" UPDATED ITS FORMAT. THE NEW "PBS NEWSHOUR" IS SET TO DEBUT ON DEC. 7.



**"When you're under heavy criticism for your dictatorial methods, it's probably not such a good idea to actually dictate your quotes to reporters. For one thing, Mr. Mayor, your punctuation is bad. In the future, leave it to the professionals."**

— **WASHINGTONCITYPAPER.COM/BLOGS/CITYDESK** WAS UNIMPRESSED WITH D.C. MAYOR ADRIAN FENTY, WHO ORALLY PUNCTUATED HIS SENTENCES WHEN SPEAKING TO WASHINGTON POST REPORTERS EARLIER THIS MONTH.



**"For the majority of its residents, Virginia becomes a better, healthier and downright less stinky place to live Tuesday. People who hate smelling like crap, killing themselves slowly with secondhand smoke and having to take a shower and dry-clean their suit just because they stopped for a quick beer shall rejoice all across the commonwealth."**

— **WELOVEDC.COM** IS GRATEFUL FOR THE SMOKING BAN THAT GOES INTO EFFECT TUESDAY FOR VIRGINIA'S BARS AND RESTAURANTS.



### AS IT TURNS OUT,

Mike Huckabee Sunday chose the right day to declare that 'it's less likely than more likely' that he'll run for president in 2012."

— **PERRSPECTIVES.COM/BLOG** THINKS THE EX-ARKANSAS GOVERNOR'S POLITICAL FUTURE WILL TAKE A HIT NOW THAT MAURICE CLEMONS, A MAN WHOSE SENTENCE HE COMMUTED IN 2000, IS SUSPECTED IN THE DEATHS OF FOUR POLICE OFFICERS IN WASHINGTON STATE.



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# puzzles lookout

## Horoscope

### SAGITTARIUS (Nov. 22-Dec. 21)

There's no reason for you to stop short of your intended goal. Combine determination and skill to achieve desired ends.

### CAPRICORN (Dec. 22-Jan. 19)

You can do more for yourself than you've done in the recent past. Don't put yourself through serious hardship.

### AQUARIUS (Jan. 20-Feb. 18)

It won't take long for you to convince others of the righteousness of your thoughts or actions. They'll understand you.

### PISCES (Feb. 19-March 20)

Things are likely to start quickly and on a note of high expectation. You have it in you to see things to a lofty conclusion.

### ARIES (March 21-April 19)

You can improve yourself and others at the same time if you have an open mind and learn from those you instruct.

### TAURUS (April 20-May 20)

A healthy give-and-take can result in more than a fleeting reward. You and a partner may be starting something deeply satisfying in many ways.

### GEMINI (May 21-June 20)

You're looking for a certain challenge, and it's likely to come your way -- but in disguise. You won't know it until you're fully immersed.

### CANCER (June 21-July 22)

Someone in charge may be instructing you to do things in a manner that goes against your instincts and training. Avoid knee-jerk reactions.

### LEO (July 23-Aug. 22)

You're determined to get to the bottom of a mystery that has plagued those around you for some time. The answer is simpler than expected.

### VIRGO (Aug. 23-Sept. 22)

It won't be difficult for you to determine which course to take. The signs point in one direction, and your instincts concur.

### LIBRA (Sept. 23-Oct. 22)

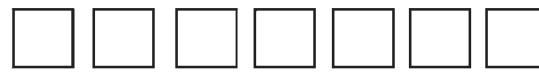
With the help you receive from those behind the scenes, you should be able to accomplish something that others will be proud of, too.

### SCORPIO (Oct. 23-Nov. 21)

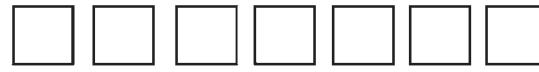
You may not be able to sustain a long-term, heightened effort, but you can make progress, and stay in the lead.

## Scrabble Grams

PAR SCORE 145-155, BEST SCORE 203



Double Word Score



2nd Letter Triple



### Yesterday's Solution

A <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	H <sub>4</sub>	M <sub>3</sub>	A <sub>1</sub>		RACK 1 = 15
C <sub>3</sub>	L <sub>1</sub>	O <sub>1</sub>	S <sub>1</sub>	E <sub>1</sub>	L <sub>1</sub>	Y <sub>4</sub>	RACK 2 = 62
E <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	S <sub>1</sub>	H <sub>4</sub>	O <sub>1</sub>	T <sub>1</sub>	RACK 3 = 60
B <sub>3</sub>	U <sub>1</sub>	F <sub>4</sub>	F <sub>4</sub>	A <sub>1</sub>	L <sub>1</sub>	O <sub>1</sub>	RACK 4 = 95 TOTAL = 232
PAR SCORE 150-160							

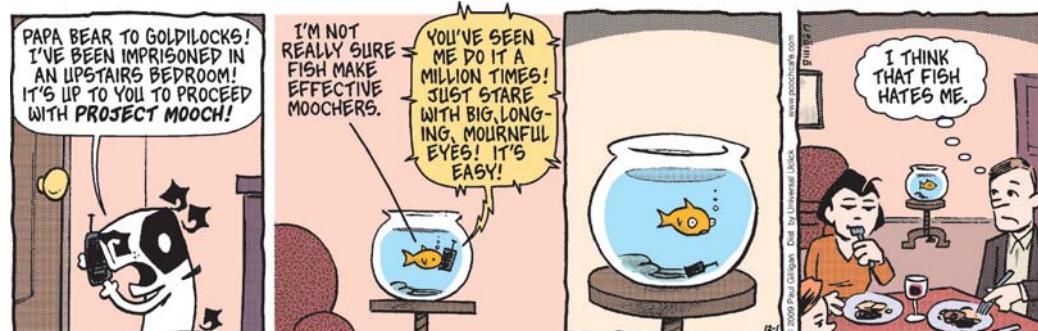
### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Comics

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### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast



52 | 40

Today: Breezy with high clouds. Patchy clouds.



55 | 47

Tomorrow: A little rain in the afternoon. Heavy rain tapering off.



57 | 36 | 41 | 31 | 42 | 34

### Looking Ahead



THU



FRI



SAT

Sun and Moon

Sunrise today: 7:08 a.m.  
Sunset today: 4:47 p.m.  
Record high: 75  
Moonrise today: 4:03 p.m.  
Normal low: 36  
Moonset today: 6:28 a.m.  
Record low: 11

Almanac

Normal high: 52

Record high: 75

Normal low: 36

Record low: 11

FORECAST BY ACCUWEATHER.COM ©2009

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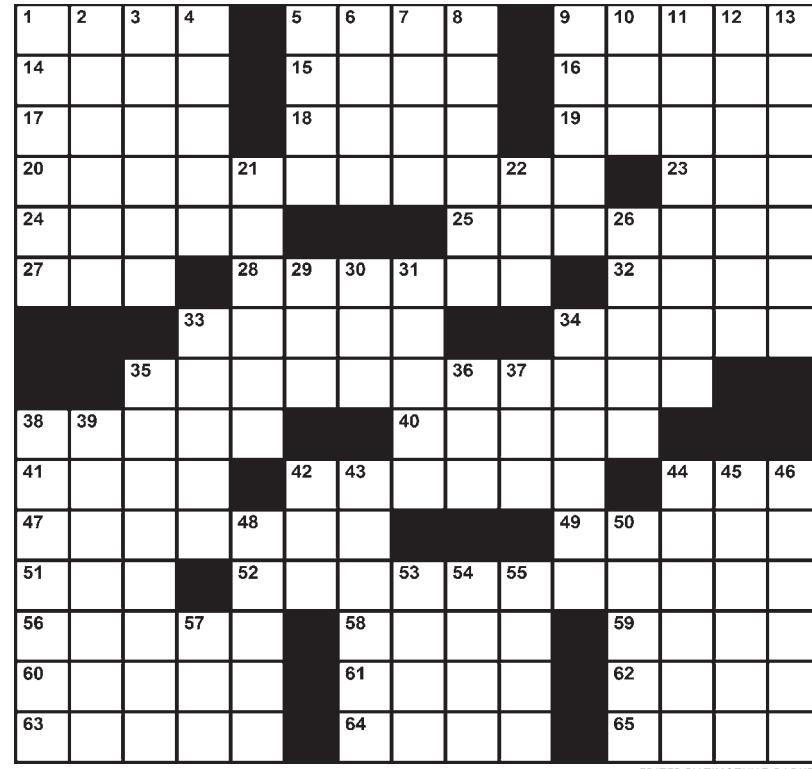
# lookout puzzles

## Crossword

## HORSES OF A DIFFERENT COLOR

### ACROSS

1 They may be nuclear or biological, informally  
5 Variety show lineup  
9 Good conductor?  
14 Light as a feather  
15 Checked item  
16 Ridge found in rugged mountains  
17 Jack-o'-lantern feature  
18 Light brown  
19 Eaten at (var.)  
20 Like many presents  
23 Monopolize  
24 Police club used in India  
25 In some way  
27 Type widths  
28 Racing vehicle (var.)  
32 Word on a door  
33 Book Mark?  
34 Dukes  
35 Missive leading to military service  
38 "Going to the dogs," e.g.  
40 Amalgamate  
41 Cotton processor  
42 Pick  
44 Imitate  
47 Satirical presidential candidate of 1968  
49 Place for a concubine  
51 More than is?  
52 It might hold up your pants  
56 Red Sea peninsula  
58 Eurasia's \_\_\_ Mountains  
59 West German capital  
60 Brief tussle  
61 Microbe  
62 Not new or mint  
63 Ruhr Valley city  
64 Does some tailoring  
65 Some teens in the 1960s



EDITED BY TIMOTHY E. PARKER

3 Snow formations  
4 Electronic instrument, informally  
5 Extraordinary tennis server  
6 \_\_\_-Cola  
7 Diamond cover  
8 Drunken daze  
9 Zsa Zsa's sister  
10 South end?  
11 Afternoon drink place  
12 Pessimist's hypothetical  
13 Margins of victory, in horse races  
21 American Indian shelter  
22 Young newt  
26 Like some meatballs

29 Big klutz  
30 Do-it-yourselfer's buy  
31 Void  
33 A way to fish  
34 Many vodka bottles  
35 Thinners  
36 Divisor for any number  
37 Opening in "Hollywood Squares," essentially  
38 Roadblock  
39 They may have private entries  
42 French seasoning  
43 "Stop already!"  
44 Sweetly melodic  
45 Produced, as a literary work  
46 Corrects texts  
48 Descendant

50 Wedding souvenir  
53 It leaves in spring?  
54 Physical injury  
55 Some shade providers  
57 Filled up on

### Yesterday's Solution



## Today in History

**1955** Rosa Parks, a black seamstress, refuses to give up her seat to a white man aboard a Montgomery, Ala., city bus. She's arrested, sparking a year-long bus boycott by blacks.

**1999** Scientists announce for the first time they have virtually mapped an entire human chromosome, one of the chains of molecules that bear the genetic recipe for human life.

# express



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# people lookout


**THEATER**

### Creepy Hollow-Eyed Smirk to Star in Play

Christopher Walken will play a man searching for his missing hand in "A Behanding in Spokane," Martin McDonagh's black comedy opening March 4 on Broadway. Producer Robert Fox says Walken will be joined by Anthony Mackie, Sam Rockwell and Zoe Kazan in the play, which begins previews Feb. 15 at the Gerald Schoenfeld Theatre. Walken won an Oscar for his role in "The Deer Hunter." (AP)

**SENSITIVITY**

### We Can't Make Fun of Alcoholics, Even the Hoff

David Hasselhoff left Los Angeles' Cedars-Sinai Medical Center Sunday, Radaronline reported. The Web site says the actor was sent to the hospital in an ambulance on Friday and was being kept under involuntary psychiatric hold. Hasselhoff has been hospitalized for alcohol poisoning several times. According to Radar, that's what happened in this case, too. (EXPRESS)



MICHAEL GOTTSCHALK/AP/GETTY IMAGES

Yes, David. There's nowhere to go but up.

### Denial of the Day



### Publicists Spoil Everyone's Fun

Despite reports of Jake Gyllenhaal's assistant hauling luggage out of the Witherspoon residence, publicists for both stars deny that the power couple have called it quits. "They are still together," the reps told People.com. The pair were reportedly last seen together two weeks ago in Philadelphia, where Witherspoon is filming. (EXPRESS)



KAREN BLEIER/AP/GETTY IMAGES

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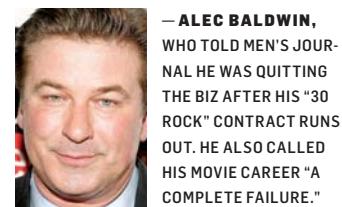
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**THEATER**

### Obsequious, Fake Smirk to Star in Play

Kelsey Grammer is set to star on Broadway in "La Cage aux Folles" next spring. Producer Sonia Friedman says a revival of the 1983 musical will open April 18 at the Longacre Theatre. "La Cage" concerns the relationship between the club owner, portrayed by Grammer, and its drag star, the role played by London stage star Douglas Hodge. (AP)

**"Movies are part of my past. It's been 30 years. I'm not young, but I have time to do something else."**



—ALEC BALDWIN,  
WHO TOLD MEN'S JOURNAL HE WAS QUITTING  
THE BIZ AFTER HIS "30  
ROCK" CONTRACT RUNS  
OUT. HE ALSO CALLED  
HIS MOVIE CAREER "A  
COMPLETE FAILURE."



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